



Sacramento City CERT Newsletter

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Report from Operations Division Chief

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Coordinate: Members participated in a national "Shakeout Awareness" event established by Captain Billy White for the Greenhaven Pocket Area. Four members handed out approximately 350 CERT applications along with other emergency preparedness pamphlets. One of battalion 4 goals was to increase neighborhood awareness of the Greenhaven Pocket CERT partnership and recruit members. As a result Pat and Gene received numerous requests for training which will take place this year.

New Equipment & Supplies: Some time ago the trailer committee prioritized and took suggestions from individuals for items, supplies, and equipment considered necessary for CERT to accomplish its goals and work proficiently during an incident. Operations worked alongside Captain White in time-consuming and, at times, struggling to obtain these supplies. Battalion

Captains received numerous medical supplies, triage tape, backboard straps, red medical bags, C-collars and so forth at the Christmas party. In addition, supplies from the Arden storage room were distributed including: flashlight traffic cones, knee pads, head lamps, brooms, and gloves with additional surplus equipment to follow. Home Depot discounted approximately \$1,300. for CERT equipment purchased during the Christmas Holidays. Equipment includes: hand carts, air compressors, small hand tools, rescue tools, shovels, rakes, garbage and plastic storage containers, tie down equipment, electrical surge protectors, 6 ton bottle jack, braided nylon line, and miscellaneous. Additional supplies will be distributed as they arrive from other vendors.

ICOM Radios: At Captain White's request, Operations provided a bid for some

Continue on page 4.

UPCOMING FUNDRAISING EVENT

We are embarking on a new venture for us. We have expenses that we can't reimburse people for or purchase things we need that aren't covered by the grant money. We are going to have a couple of fun fund raisers this year which we hope will be successful and provide our group with funds to reimburse people for past expenses and have a fund we can draw from when we need to buy something we need. Grant money will still be used for big things and training.

Mark your calendars for March 26. We will be having a Crab feed which

will include tri-tips and pasta also. It will be held downtown across the street from Sutter's Fort and is in a central location. We will have tickets available soon for everyone to sell. We need to sell tickets to make this a success.

The tickets will be \$45.00 per person. As soon as the flyers are available I will email them to everyone one and post one on our website. The dinner will start at 6:30 pm We are going to need a lot of volunteers to help set up the tables, help with the food, we will have a bartender there and music, and we need to clean up when it is over.

The location is 2719 K Street which is a historical building. It is not ADA compliant (and doesn't have to be) and there are no elevators in the building. The banquet rooms are in the basement and there are stairs to go down from the lobby so take that into consideration. There is a door into the kitchen from the alley that could be used with only 6 steps should anyone need assistance getting in the building.

We will also be having a golf tournament sometime in the Spring.

UPCOMING CLASS INFORMATION

First Responder and CPR Pro:

For those of you who are Level 3 First Responders based on the First Responder First Aid, (not those with Medical licenses) check the expiration date on the backs of your First Responder and CPR cards. They must be current to remain a level 3 classification. If they have expired in 2010 or will expire in 2011 you will need to take a renewal course. We will be having a 9 hour CPR for the Professional Rescuer course for those who have never taken it on March 5. For those that only need to renew your CPro the class will be a 5 hour class on March 6.

You must purchase or already have your own pocket mask to use for the course. The original and renewal course certification will be through ASHI. If you already have an ASHI CPR manual you can use it for the renewal course. If you took the CPR through the Red Cross or someplace else, you will have to take the original course on March 5. We will be teaching the new 2010 updates to the CPR for Professional Rescuer class.

In order to take the First Responder course that begins on March 12, you must have a current CPR for the Professional Rescuer card and be a CERT level 2. The red cross cert level 2 class will be held on March 19. If you have completed the FEMA online classes prior to that date and want to take the First Responder course you can do so as long as you are enrolled for the Level 2 Red cross classes on the 19th. The First Responder course will be a 48 hour class and will be held on March 12, 26, April 2, April 9, April 23 and April 30. We do not currently have a Wilderness First Responder Course scheduled this year. You must have a current First Responder Card to take that class. If there is enough interest in a 40 hour class we will schedule one later in the year.

There is a cost involved with these classes due to having to order books, certification cards and other supplies for the classes. **If you are interested in taking these classes there is a prepaid registration date of February 10.** The original CPR class will be \$25.00. The renewal class (if you have a book already) will be \$10.00. The first responder class will be \$100. **Make out a check to Pat Burritt and mail to 53 Omaha Court, Sacramento, CA**

95823 prior to February 10. The books and materials will be ordered on February 11 in order to assure delivery prior to the class. There will be no late registrations accepted for these particular classes due to having to order materials. If you already have a current CPR card and just want to come an practice you may do so on March 6 and will not need a book or receive a certification card.

If you only need to renew your first responder card you will need to purchase a new book because it was revised last year. It is the Brady First Responder 8th edition. I can order them for you for \$50.00. You will only need to come to certain class days. If you want to renew your card, please contact me for the dates you would have to come to demonstrate all the skills and also come and take the written final exam. If anyone with either a current First responder card or an EMT or higher would like to become an instructor with ASHI (American Safety and Health Institute) and become a part of our training center please contact me.

CERT Instructor Trainer Course

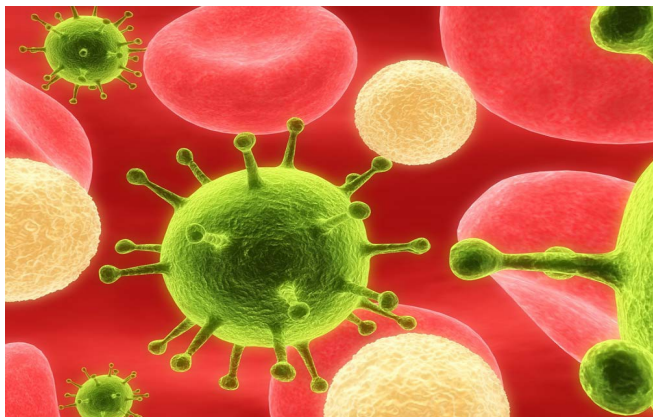
We have had requests from our members who would like to become CERT instructors. Capt White is going to check with the State of California and see if we can put on our own class and use our instructors to teach it instead of having to wait for the State to decide to do it. When we find out we will let everyone know.

ARC Psychological First Aid Class (rescheduled)

For those of you who had signed up for the class in November that was postponed, it has been rescheduled for January 29. It will be held at Freeport from 9 am to 1 pm. There is no more room in that class for anyone else. If you don't remember whether or not you signed up contact me and I will let you know if you are on the list.

NOTE: UNLESS SPECIFIED ALL CERT AND SATURDAY CLASSES WILL BE HELD AT FREEPORT THIS YEAR. BETTER PARKING AND ACCESSIBILITY THAN THE WATER TOWER. CERT GRADUATIONS WILL STILL BE AT THE WATER TOWER.



Mighty Wipes Article by: Donna Braun RN BSN

I've been a professional nurse for 25 years and I know that the single most important action a person can take to thwart the spread of germs to self and others is proper hand washing.

However, we all know that when in the field managing an emergency situation, hand washing is probably going to happen later than sooner. Packing your gear with gloves is essential but how about throwing in a handful or more of those portable and effective alcohol-based hand sanitizer wipes. The usefulness, practicality, protection, and peace-of-mind these mighty little wipes can provide are well worth the slight expense you will incur when adding them as an important part of your emergency pack and readiness.

The Center for Disease Control and Infection (CDC) has an excellent web site that publishes valuable information for people in emergency situations about the importance of hand washing and when soap and water is not available, the mighty alcohol-based hand sanitizer. This informational website can be found at <http://emergency.cdc.gov/disasters/handhygienefacts.asp>.

Take a look around this site as it will educate you or reinforce your knowledge about when and how to wash your hands and when and how to use a hand sanitizer. The CDC website even offers the ability to print out *Hand Hygiene Cards and Stickers* that can be printed and handed out in evacuation centers. Cool stuff!

Sanitizer wipes can be found in most drug and/or warehouse stores. I purchased and use a nifty hand sanitizing wipe that I found at Sam's Club. The product called *Germ X* comes in a box with 100 individually packaged wipes and each wipe has an antiseptic alcohol concentration of

62%. I like this particular brand because the cloth is a good size about 6 by 8 inches; it's well saturated with alcohol-based solution, and the product doesn't dry out my skin. The packets are small enough to stuff in your back pocket or the pocket of your jacket. For emergency preparedness, throw some in your back pack and with your emergency gear. As a side note, never use alcohol-based sanitizing wipes on open wounds. A big ouch and it's not good for the skin around the wound either.

Finally, the CDC recommends that alcohol-based products contain at least 60% alcohol to clean and rid hands of most germs but not all. So, even if the product advertisement boldly shouts that the hand-sanitizer kills 99.9% of germs, following any emergency situation that you are handling, as soon as you are able and if running water and soap are available, wash your hands! Proper hand hygiene means that you are taking those important steps to help control the spread of illness causing germs to yourself, your family, and our community members. Until next time.

NOTE: Donna is a nurse for Kaiser and recently completed the CERT training. She has agreed to help us as the medical officer. I don't know if everyone is aware that Miriam Erpenbach moved to Germany in October to take a job at the University Children's Hospital in Koln. She will be working with Burned Children as well as taking classes to receive more training in her nursing career. Since she had her hip replacement surgery and the arthritis she has she is no longer able to lift patients, etc so it is difficult for her to work all day in a hospital environment and be on her feet. She is really enjoying her job and learning new things she can use here when she returns in two years. She really misses us all and is looking forward to returning to Sacramento and be active with us again. She was very happy when I told her we have more nurses in our group and they are interested in working with us so our Medical group will grow.

Continued: REPORT FROM OPERATIONS DIVISION CHIEF

additional radios, as well as, remote speaker microphones; similar to ones purchased by individuals at their own expense.

Operations Division Chiefs attendance: Either Gene, or I will be attending battalion general meetings in an effort to assist staff that is under the umbrella of Operations. During this trial period our goal is to answer questions and concerns. Discuss topics that are of interest to you and your members. Please keep us informed as to locations and dates so we can schedule our time appropriately.

Work party needed. On January 15 at Freeport location volunteers will be helping to unpack and breakdown new equipment and supplies for trailers distribution, including inventorying and color coding each item. Some equipment will have to be mounted and/or secured, backboard straps attached and other items maybe placed in new plastic storage containers. I would like to get similar supplies and division sectors in containers. For example, medical, search and rescue, water gear, and the likes. In so doing all equipment for your task can be pulled by containers. I will be asking for input on re-alignment and storage of trailer supplies and maybe relocating or a reduction in supplies. I would like to get all

the trailers at one location and out of the weather if possible.

Animal Trailer: By now many of you are aware SFD has decided to make a designated animal rescue trailer. Unfortunately, many of the selected vendors would not accept fire department vouchers for supplies we ordered. Operations and Captain White will be working closely with Carol Yee in obtaining animal supplies. I'm sure Carol would appreciate all those who can assistance her in getting this trailer ready.

Mini Exercises: Operations will be putting together some mini exercises as the weather gets better for SFD only. The objective is to assist with an organized and coordinating team. Practice and work together on everyone expertise and skills. **This will not be a classroom event.**

If time permits there will be numerous small exercises focusing on specific tasks, such as search and rescue, or triage, or treating patients in the medical areas. This will give everyone an opportunity to sharpen their skills, use CERT forms and allow immediate constructive criticism after the exercises.

CHAIN OF COMMAND

CERT has established a chain of command. It works both ways from the top down and the bottom up. The first layer of the food chain is the Battalion Captains. If you have questions, or need answers, contact your Battalion Captain first. If he or she can't answer your questions they will go to the Operation Chief level who will find out for them. The Operations Chief escalate it up the ladder as far as it needs to go. There is an updated organization chart for daily activities on our website (contacts page). This chain of command is to be followed. If Capt White needs something or for us to do something, he will contact me. I in turn will contact the Operations section (or which ever section is affected) and then it will go down the chain to whoever needs to do the task. There is also a new procedure manual at the same location. It covers special things and items that are not included in the operations manual. It would be a good idea to make yourselves familiar with both the organizational chart and the procedure manual because it is the way we are currently operating.



Pay particular attention to the special events section. I know people are always being asked if CERT can participate in something. There is a procedure for this and it must be followed. CERT will not participate in any outside activity unless the proper forms have been filled out and approved and the fire dept has given their approval for what we are doing, and the event has been put on the CERT calendar.

FROM OUR CHAPLAINS



Yusuf Muhammad, Lead Chaplain

Over the past year, we were involved in numerous activities. The following is a partial list.

- Jade Buddha for Universal Peace at the Kim Quang Temple
- Blessing of the Quran and Muslims at Cathedral of the Blessed Sacrament
- San Jose County Jail visitation
- Clean Slate Day with the Parole Intervention Team at Charles Young Community Center.
- Native American Pow Wow at American River College.



Station 20 Open House - Chaplain George Schubel

GENERAL INFORMATION

Our program has been going through some growing pains over the last year or so. We have worked hard to make a good program and thanks to the efforts of a core group of people we have become a very successful and well trained organization.

One of the biggest complaints we have heard is the lack of communication. We are trying to change that. At the top of this newsletter is an operations report. Gary Bertsch and

Gene Jorgensen the two operations chiefs are going to try some new things this year and we hope everyone will want to participate in what they have planned and will want to become more involved in your battalions and the group as a whole. It will take a little time to iron out the problems but we hope by the end of this year the changes and communication will be much improved.

We are starting our newsletter up again. At the November meeting I

asked for articles from battalion captains and the others in charge of things, but as you can see the only ones that replied were the Operations, Medical and Chaplain groups. We are going to have a quarterly newsletter. Anyone can submit an article of things of interest to the group. Please email them to this address: sacramentocert@comcast.net. The next newsletter will be done at the end of March so please submit your articles or items of interest by March 15.

PRESIDENTIAL SERVICE AWARDS

I have been ordering Presidential Service Awards for our members for the last three years. The Presidential Service awards is a program for honoring volunteers. It is sponsored by FEMA and the Points of Light Program. There are three levels of awards, just like the Olympics. A gold, silver and bronze. The qualification is based on hours volunteered in a calendar year. All of the hours that CERT members put in are tracked monthly for the City of Sacramento. However the Presidential Service Awards can include any volunteer hours spent as long as it is a non-profit organization the hours are being donated for. I know most of the CERT hours because I have all the sign in sheets. However

if you spend hours at your church, a hospital volunteer, ARRL hours separate from CERT radio hours, etc., those hours can be added to CERT hours to qualify you for a presidential service award. What I need folks to do is to email me a summary at the end of each month of your hours, what organization it was for and what type of work you were doing. I will put those hours into our data base and at the end of the calendar year they will be added to your CERT hours. To qualify for a Presidential service award you need from 100 to 249 hours for a bronze pin; 250 – 499 for a Silver pin; and over 500 is a gold pin. There is also a lifetime service award that can be obtained over time. It takes 4,000 hours to qualify for that

award. Hours can be accumulated for as many years as it takes to get to 4,000 and then we can get you that award. Once that has been obtained, you can still get the yearly awards. There is only one life time award.

Unless it is a CERT activity or class where you signed in, I have no way of knowing what people are doing and how much time they have spent. If you have hours you have tracked from prior years (not for CERT activities) you can send them to me and we will include them when we order the pins for 2010. Don Kunkel did that last year and had enough hours from several years to add on to his CERT hours to obtain a lifetime service award for 2009.

CERT LIST OF TRAINING CLASSES – Jan – Dec 2010**CERT CLASSES**

Basic 6 classes (200 people)

Teen 4 classes

TEEN CERT/CERT INSTRUCTORS CLASS – 4 trained non fire-fighter instructors

ADVANCED TRAINING CLASSES

Hazardous Materials Awareness

Wildland Fire Urban Interface

Flood/Swift Water Awareness and in water training

Techniques of Traffic Control (2 classes)

Triage Review Class

CERT Pandemic Flu class (new cert module)

Blood Borne Pathogens (Cal Osha Instructor)

Severe Weather Class (National Weather Service)

Electrical Safety Class

Explosive Awareness (Detective from SSD Bomb Squad)

Compass Class

Fire Dept Knot Tying Class (how to use the knots to secure ropes)

Animal Response Class (multiple agency learning event)

American Red Cross Classes:

Introduction to Disaster Services

Mass Care and Feeding

Shelter Operations

Mass Casualty Disasters

ADVANCED FIRST AID TRAINING: (CA State medical first responder level)

American Safety and Health Institute – Brady First Responder Class (58 hours)

CPR for the Professional Rescuer (9 hours)

American Safety and Health Institute - Wilderness First Responder (80 hours)

INCIDENT COMMAND SYSTEM:

NIMS, 100, 200, 700 AND 800

Advanced Training on ICS positions and responsibilities

COMMUNICATION:

Class on preparing for a Ham Radio License Test (2 classes)

Participated in an emergency community drill with the Placer County OES office.

Participated in a statewide 24 hour communications event with Ham Radio groups

We currently have 48 licensed Ham radio operators

CERT COMMUNITY PARTICIPATION EVENTS (2010)

Staffed numerous H1N1 flu clinics with the County Health Department
State Disaster Preparedness Day at the State Capitol
Operation River Safe (Holiday weekends at Discovery Park)
Chief Niko Kings River Guardians program all summer long
Display booth at 21 Different Disaster and Safety Fairs at various locations and times
Participated in two different 4th of July Parades
Public Awareness booths at various fire dept open houses.
Provided radio and First Aid coverage at State Capitol for 20th anniversary of ADA
Provided radio and First Aid Coverage for UC Davis Autism Walk
Provided radio Coverage for California International Marathon
Provided First Aid Coverage for Parks Dept Disability Sports Event in Natomas
Provided First Aid Coverage for a Rotary Club event at Discovery Park
Provided First Aid Coverage for Youth Soccer Championships at Sacramento State University
Provided First Aid Coverage at the Pannell Center for the City of Sacramento Baseball event for disabled children
First Responder Day at the California State Fair
Assisted with two Fire Department Funerals
Participated in the CalEMA Shakeout Event – passed out disaster preparedness materials to 300 homes in the pocket area
Participated in the Mayors event kicking off the Sacramento Ready campaign
Participated in event at City Hall with Mayor and Capt. Sully Sullenberger
Participated in the Fire Dept MCI drills at McClellan
Had a trailer and exhibit set up at the California Air Resources Board annual training event at the convention center for two days.
Assisted at a Fire Fighter Motorcycle group event
Assisted with an event at Miller Park for the Burn Institute.

TRAINING EVENTS

Participated in a one day training event held in West Sacramento – taught the Communications module

ACTUAL CALL OUT EVENTS

January 2010 – USAR trained CERT members responded to McClellan to assist the USAR team in preparing to leave for Haiti and were there to assist when they returned

MISCELLANEOUS

25 City CERT members received Presidential Service Awards from the Points of Life and FEMA for many hours of service to the community.

Total Hours volunteered by CERT from Jan-Dec 2010 12,974 \$365,347.84

Total Hours volunteered by CERT from 2004-2010 48,581 \$1,368,040.96

City of Sacramento figures \$28.16 per hour benefit from volunteer hours.

COMMUNITY EMERGENCY RESPONSE TEAM

Sacramento City Fire

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