



CERT News

HSR3—Serving the citizens of Grays Harbor, Lewis, Mason, Pacific and Thurston Counties

COMMUNITY EMERGENCY RESPONSE TEAM



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Summer Fun!

Avoid rip tides. Use sun screen. Don't swim alone. Oh and stay away from lightening, hurricanes and tomatoes. I hate tomatoes. And equally important - spend some time in preparation for fall and winter.

Preparation means getting ready for those things that might and usually do happen during those long 6-9 months of cold, rain and wind. This is the time to replace all the items you've filched from your disaster kits over the course of the last year.

Rotate your food so any nearing expiration date can be consumed and you can restock. Make sure you have enough for everyone in your household for at least 72 hours. This includes water.

Remember to update your meds and add spare sets of keys. If you have canned food there, make sure you include a can opener. Update your Out-of-State Contact list information and call all of those contacts and remind them of what they need to do if you call in a disaster.

Place a flashlight and batteries in every room you may need one. It's also a good idea to assign one for every person in your home and one for each vehicle. Remember to store the batteries with and not in the flashlights and have spares available.

Check all your CERT gear and your car kits. Make sure the information, the food and the water is all up-to-date.

If you plan to run a generator, have it tuned up and find a safe out-of-doors place to run it and store your fuel. Review how to start and stop it and instruct others in your household about how to do that too.

If you haven't already done so within the last six months, replace your smoke/CO₂ detector batteries. There should be one detector on each level within your home and you should test it about once a month to make sure those batteries are doing their job.

Review basic first aid procedures and make sure that your first aid kit is well stocked.

Review your evacuation procedures for your home and your house. Share the details with your family and discuss how to reconnect if you get separated.

There may be other things you need to do to get ready but any effort before you need it, is time well spent!

Welcome to the Newest HSR3 CERT Members!

- Harstine Island
- Panorama in Lacey
- Department of Personnel
- New Market Vocational Skills Center in Tumwater
- Shoalwater Bay Tribe
- Ocean Shores
- East Olympia Fire District

Citizen Science

Aside from disaster preparedness and rescue response, are you also interested in counting birds and bees, measuring rain or snowfall or even looking for ET?

Many CERT volunteers are often interested in other volunteer opportunities. "Citizen Science" brings a wide variety of interests and a wish to contribute together into a nice tidy package through on-going participatory projects involving many areas of study. Non-specialist volunteers contribute every day toward many fields of research.

An example is found in the [Audubon Society Christmas Bird Count](#), likely the longest running Citizen Science project going on 112 years. Every year in December and January, citizen scientists armed with binoculars, bird guides and checklists go out and count birds then report back to the Audubon Society.

Other examples include the [SETI@home](#) project in which citizens donate Internet-connected computer access in the Search for Extraterrestrial Intelligence (SETI), [The Great Sunflower Project](#) that involves planting sunflowers and counting the bees that visit your blooms or [The Quake-Catcher Network](#) which is a collaborative initiative for developing the world's largest, low-cost strong-motion seismic network by utilizing sensors in and attached to internet-connected computers.

Currently Grays Harbor County is actively recruiting volunteers for [CoCoRaHS](#) (Community Collaborative Rain, Hail and Snow Network) to measure and map precipitation (rain, hail and snow) to be used to calibrate the county's new Doppler radar.

If you have a particular interest and are seeking a way to expand it, check out [Citizen Science Alliance](#), [Science for Citizens](#) or search online for 'Citizen Science' and see what's out there. You may need to invest in gear or other research materials or even travel to a specific location but there should be no charge to participate.

Next year, I plan to buy seeds, plant sunflowers and count me some bees!

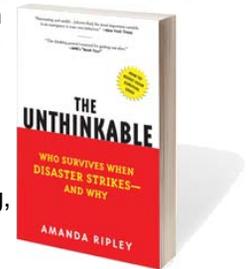
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with your friends and neighbors!*



The HSR3 Disaster Library

The Unthinkable: Who Survives When Disaster Strikes - and Why

by Amanda Ripley
This book is a compelling look at instinct and disaster response as Ripley explores the psychology of fear and how it can save or destroy us. Drawing upon interviews with survivors of hotel fires, hostage situations, plane crashes and 9/11, Ripley takes readers through the three stages of reaction to calamity: disbelief, deliberation and action. The average person slows down, spending valuable minutes to gather belongings and check in with others. The human tendency to stay in groups can make evacuation take much longer than experts estimate. Ripley's in-depth look at the psychology of disaster response, alongside survivors' accounts, makes for gripping reading, sure to raise debate as well as our awareness of a life-and-death issue.



~ from Publishers Weekly



June 2011 CERT disaster simulation in Ocean Shores — photo by Sonya Kroese

The 2011 NW Citizen Corps Expo

The 2011 NW Citizen Corps Expo provides opportunity for CERT volunteers, Medical Reserve Corps (MRC) members and Ham radio operators to work together in a disaster scenario to practice and advance their skills.

Date: Saturday, August 20

Time: 7:30 AM — 5:00 PM

Location: Washington State
Fire Training Academy
North Bend, WA

Registration : \$30 open July 1 to July 31
Pre-registration is required

Questions? www.NWCitizenCorpsExpo.com
citizencorps@ofm.wa.gov
360-725-5290

The day features:

- | | |
|--------------------------|---------------------------|
| Staging Area Check-In | Field Traumatology |
| Breakfast, Lunch & Snack | Review of Lessons Learned |
| Activation Simulation | Exercise Keepsake |
| Mass Casualty Exercise | Networking |
| Advanced Skills Training | Team Building |

Collaboration of Disaster Response Volunteers

Register early and bring your CERT gear. Disposable materials like bandages will be provided. See you there!

NOTE: This is a hands-on field exercise for trained disaster response volunteers who are physically capable of participating. For everyone's safety, untrained individuals are not allowed to participate. Please consider your safety and ability to participate when registering.



UNITING COMMUNITIES - PREPARING THE NATION
www.citizencorps.gov

Call for Suggestions

If you have any questions, comments or suggestions or if you want to be added (or removed) from this emailing list - please let me know. Email me at easonv@co.thurston.wa.us



What's with HSR3 CERT Now?

Last August, my VISTA service ended and the CERT program in the five county area of HSR3 changed.

The Thurston County CERT program is coordinated by Vivian Eason, EM Coordinator. Her phone number is (360) 786-5243 and her email address is: easonv@co.thurston.wa.us

Grays Harbor, Lewis, Mason and Pacific Counties are coordinated by Sonya Kroese, HSR3 Program Asst. email: kroeses@co.thurston.wa.us. Her phone number is (360) 704-2763.

The mailing address for both coordinators is:
2703-B Pacific Ave. SE
Olympia, WA 98501-2036
Fax: 360-704-2775

If you have any questions or wish to schedule a CERT training opportunity, please feel free to call the CERT Coordinator for your county.

Social Media and Disasters

Social media is a catchall phrase for any sort of public Internet communication that allows for two way communication. Many social media sites require membership and most are free of cost. Currently the social media sites that most people hear about are [FaceBook](#) (FB) and [Twitter](#) (T) and there are of course, web logs, also known by the amalgamated word 'blog'.

To some, social media is a morass of messages providing personal details about lives including bologna sandwiches for dinner and the details of last night's hot date. For me...that's not the value in this form of communication.

The magic behind social media and emergency management is found in the immediacy of information. If a road is closed, the world knows. If a wind storm has pounded down on the coast, shelters are established - the world knows where to go. If rivers are rising and evacuations ordered, everyone knows the way out.

In our five counties, Pacific County ([FB/T](#)) was an early on adopter in the use of social media and Thurston County ([FB/T](#)) has followed suit. Washington's Department of Transportation ([FB/T](#)) is also an excellent site to visit in emergencies, particularly for road closures and weather related road warnings.

Feel free to visit any of the social media sites and search for emergency management or disaster preparedness or any other word reflecting your interest. Social media is a good thing...but only if you want to know what's going on.

Preparing Heroes
One Class at a Time!

HSR3 County and Tribal Websites

- Chehalis Tribe: <http://www.chehalis-tribe.org/>
- Grays Harbor County: <http://www.co.grays-harbor.wa.us/info/DEM/>
- Lewis County: <http://lewiscountywa.gov/em>
- Mason County: <http://www.co.mason.wa.us/dem/index.php>
- Nisqually Indian Tribe: <http://www.nisqually-nsn.gov/>
- Pacific County: <http://www.co.pacific.wa.us/pcema/>
- Quinalt Indian Nation: <http://209.206.175.157/>
- Shoalwater Bay Tribe: <http://www.shoalwaterbay-nsn.gov/>
- Skokomish Tribal Nation: <http://www.skokomish.org/>
- Squaxin Island Tribe: www.squaxinland.org/emergency_management/
- Thurston County: <http://www.co.thurston.wa.us/em/>



U n i t i n g C o m m u n i t i e s ~
~ P r e p a r i n g t h e N a t i o n

Contacts:

Thurston County CERT

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Other Four HSR3 Counties

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The CERT Newsletter is written and edited with abandon by Karan Wade James, CERT Volunteer

If you are reading this newsletter and are interested in seeking *free* CERT training certification, please call or email Vivian Eason or Sonya Kroese - contact information above.



Training on the Calendar

Pierce County Community Emergency Shelter Summit - July 16, 8am-3pm, Lakewood

NW Citizen Corps Expo - Aug 20 - 7:30- 5pm, Washington State Fire Training Academy, North Bend, WA (see page 3)

Yelm CERT Class: Sept 24 & 25 and Oct. 1 (all 3 days)

Map Your Neighborhood Train-the-Trainer Course - Sept 12, 6:30-8:30pm Thurston County ECC

Thurston County Emergency Preparedness Expo - Oct 29, 10am-3pm, St. Martin's Univ.

Centralia CERT Class: starting Sept 14 - 6-9pm each Wed night for 7 weeks.

Pending Classes

- **Centralia College CERT:** late summer
- **Grays Harbor CERT Class:** sometime in Sept

On-Going Training

[FEMA Emergency Management Institute IS-317](#) Introduction to CERT



A dark room rescue during the June 2011 CERT disaster simulation in Ocean Shores — photo by Sonya Kroese