

KENAI PENINSULA



CITIZEN CORPS



Resources for building stronger, safer communities on the Kenai Peninsula

Fall 2011

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National Preparedness Month

A Time to Remember, A Time to Prepare

September is here again, bringing more than yellow leaves on the trees and yellow school buses on the roads. It's also National Preparedness Month, a time to review your readiness for emergencies and disasters.

It's been ten years since the terrorist attacks of September 11, 2001. National Preparedness Month is held annually in September to commemorate this event. The attacks also inspired the formation of Citizen Corps in January 2002, as the federal government recognized the need for trained citizen responders who are prepared to care for themselves and others in the event of a large-scale emergency or disaster.

As CERT volunteers, you know the importance of personal preparedness. You likely are far more ready than most of your community to handle whatever disaster strikes next, whether it is a chemical release, a major earthquake, volcanic eruption or prolonged power outage.

This month would be a good time to do two things:

First, **review your family's disaster plan and readiness kits.** Have there been changes since the plan was first prepared (children in a new school, changes in phone numbers, different insurance policies, etc.)? Go through your readiness kits: Have kids outgrown their extra clothes and shoes? Are all medications current? Are all your pets provided for? Change out items like drinking water and batteries, and check expiration dates on food and medications.

Next, **help spread the word.** Talk to your friends and extended family about their preparedness efforts. Show them your emergency kits and tell them what you've done to prepare for emergencies and why. Consider doing the Map Your Neighborhood exercise with your neighbors.

As CERT volunteers, you have made a commitment to helping your communities when disaster strikes. Help celebrate National Preparedness Month by teaching people the importance of being ready *before* a disaster.



Recent Training & Events

June 11: Map & Compass and Canine Search & Rescue Demonstration Mike McConahy from Central Emergency Services did a classroom session on map and compass skills, followed by an outdoor practice session at Tsalteshi Trails in Soldotna. Dale Lawyer and his Search & Rescue dog, Ares, also participated.



Well-oriented participants included Don Armstrong, Linda Berryman, Lyn Brooks, Tom Burg, Liz Dalton, Becky Foster, Mary Jane Hanley, Ludy Link, Carla Merrill, Gordon Merrill, Bill Nelson, Tanya Norris, Kim Rudge-Karic, Marilyn Sutherland and Jamie Walker.

July 4: Seward 4th of July Mount Marathon Race CERT was well-represented at the Seward 4th of July festivities, with a team taking charge of traffic control at one of the main intersections, keeping both festival-goers and Mt. Marathon racers safe. Thanks to Scott Bartlett, Carol Griswold, Karen Hakala, Mariah Johnson, Sue Lang, Ludy Link, Cheryl Seese, Peggy Ventura and Robert Walton!

July 9: Radiation and You Thanks to CERT volunteer Bill Howell, who taught a great class on "Radiation and You: How to Know When It's Time to Worry". Bill has experience working around radiation from his time in the navy, and taught us much about the different types of radiation and the importance of time, distance and shielding. Thanks to participants Jerry Wood, Katja Wolfe, Roberta Wilfong, Mickey Sopkowiak, Dave Merrill, Carla & Gordon Merrill, Elaine Howell, Linda & Gary Hindman, Kathy Heindl, Patty Graham, Holly Flynn, Bunny & Al Chong, Lyn Brooks and Linda Berryman.



August 13: Kenai Run For Women

Thanks to Lyn Brooks, Ludy Link, Kathy Heindl, Carri Noel and any other volunteers we missed for using your traffic control skills to support this great cause!

August 13: Beginning GPS Mike Huckabay taught this always-popular class. Folks got a tour of their GPS units and then used them to tour around the ERC, looking for waypoints Huck gave them. Thanks to Mickey Sopkowiak, Carla Merrill, Ludy Link, Kathy Heindl, Clif Caffall, Tom Burg, Lyn Brooks, Mary Bell, Roxy Banks and Don Armstrong!

Upcoming Opportunities

September 10: Red Cross Shelter Operations & Simulation This American Red Cross class is designed to teach the basic elements of setting up and running an emergency shelter, which is likely to be one of the roles CERT volunteers will be asked to fill in an emergency that displaces large numbers of people from their homes. At this time, this class is full, but if you are interested in participating in a future class or would like to be on the waiting list for any spots that open up, call 262-2098 or email glandua@borough.kenai.ak.us.

September 17: Safety Saturday 10 am—2 pm Due to the sudden closing of Lowes, our usual host, our Safety Saturday program is in limbo this year. We are looking at options; watch your e-mail for announcements if we find a new home for this great event!

September 19 & 20: American Heart Association HeartSaver Class (CPR & First Aid) 6 pm—9 pm

This is a single class that will be spread over two evenings. Participants will learn CPR, learn to use a Automated External Defibrillator (AED) and also learn First Aid. There is a book to purchase, and class size is limited to eight people. Call 262-2098 or email glandua@borough.kenai.ak.us to sign up.

October 1: Pet First Aid and Disaster Preparedness

Most of what you need for pet first aid you can probably find in your own first aid kit—but there are also items in there you should *never* use with your pets. Do you know the difference? Jane Schultz will lead this session, covering basic animal-centered first aid and CPR, and also teaching us how to prepare to care for our critters in disaster situations. Email glandua@borough.kenai.ak.us or call 262-2098 to sign up. This class will serve as our CERT Saturday event for October.



October 10 - 29: Beginning CERT Class, Kasilof

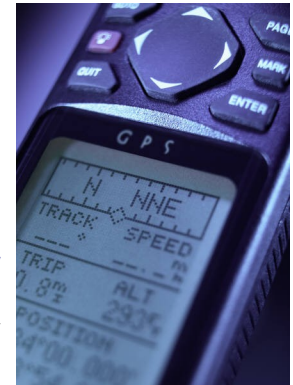
Classes will be held Monday, Thursday and Friday evenings with a final drill on Saturday, Oct. 29. We will be looking for volunteers to help with the drill. This could be a fantastic chance to practice your Halloween make-up skills! If you have some skills you are interested in refreshing, or you still need just a session or two to complete your Basic CERT training, this could be the time to get that done. Call 262-2098 or email glandua@borough.kenai.ak.us to sign up.

Fall Health Fairs: See Back Page

CERT Geocaching

Are you ready for some self-guided adventure? Do you want to hone your GPS skills? Have you always loved treasure hunts? If you said “Yes!” to any of these questions, then you’re invited to join the Kenai Peninsula CERT Geocache Challenge!

If you’re already an experienced geocacher, then you probably know how this works: volunteers have hidden small containers somewhere outdoors and noted the coordinates with their GPS units. We have published those coordinates on the Citizen Corps website at www.kpvolunteers.org/geocache/geocache.htm. Your mission is to use your GPS to locate the containers and “log in” on the paper inside. Note: there are no links to the GPS site on our main site; you will have to type in the web address to see the page. To return to it without typing the address each time, you can bookmark it.



Do not take the container with you! Log in and then put it back exactly where you found it. There is a prize inside for the first person to find each container. If you would like, you can leave a small item for the next person to find – but make sure it’s quite small and not something that will attract insects or other animals (in other words, candy would be bad).

If you find you really enjoy this activity and want to hunt for more caches than we have, or we don’t have caches in your area (yet), you can go to www.geocaching.com, register, and get the coordinates for many more geocaches in your area as well as learn more about geocaching.

This first round of cache-stashing is meant to be fairly straightforward. If people enjoy the activity and we want to continue, we will add new challenges as people’s skills develop. Also on the CERT geocaching website is a page where you can log in and report your finds to us so we can keep track of how it’s going. Let us know what you think!

Taking Shelter

The Kenai Peninsula Borough Office of Emergency Management (OEM) is getting a new resource: a portable shelter that can be deployed rapidly to serve as a field hospital, emergency shelter, command post for prolonged incidents and a variety of other uses. And this shelter is no ordinary wall tent: it’s insulated, comes with a lighting system and generator and has 570 square feet of usable floor space. It will travel in its own dedicated trailer. It is designed so that it can be set up by four to six trained personnel in under two hours.

So what does this have to do with CERT? Well, someone has to form that team (or “those teams”) of trained personnel! In a large-scale emergency, OEM staff and other borough personnel may not be available to deploy and manage the shelter. Therefore, OEM Director Eric Mohrmann has asked whether CERT volunteers would be interested in forming a “Shelter Team”, practicing with the shelter and being available to take the lead in situations when shelter deployment is needed.

The shelter doesn’t require tools to put up, but it does require a bit of precision and a methodical, organized approach. Although the frame is lightweight aluminum, the vinyl walls and roof are heavier, so at least a couple of team members will need a little muscle as well. And at least one member should have (or be willing to develop) some basic familiarity with generators.



If this sounds like something you would enjoy and you want to learn more, contact Glenda at 262-2098.

CERT Volunteers — Please do your part to help us keep our training grants. **IS 100 and 700 are required** for everyone who may be called on to respond during a disaster.

IS-100: Introduction to Incident Command System
IS-700: An Introduction to the National Incident Management System

FEMA's Emergency Management Institute offers the classes free online:

<http://www.training.fema.gov/IS/NIMS.asp>

After you complete each class, please forward FEMA's confirmation certificate link to glandua@borough.kenai.ak.us.

KENAI PENINSULA

**CITIZEN
CORPS**



Health Fairs are Happening! We have several health fairs coming up this fall throughout the Kenai Peninsula. Are you available to help spread the word about preparedness and CERT? Contact Glenda at 262-2098 or glandua@borough.kenai.ak.us.

Saturday, Oct. 15, 8 am - noon: Central Peninsula Community Health Fair, Soldotna

Friday & Saturday, Oct. 21 & 22, 8 am - noon: Seward Community Health Fair

Saturday, Nov. 12, Time TBA: Homer Rotary Health Fair

Saturday, Nov. 19, 9 am - 1 pm: Cooper Landing Community Health Fair

Ready America

Prepare. Plan. Stay Informed.

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