



KENAI PENINSULA CITIZEN CORPS

Resources for building stronger, safer communities on the Kenai Peninsula

Fall 2005

INSIDE

Musings from the New Coordinator, **pg. 2**

Disaster Preparedness: Getting Started, **pg.2**

Don't Wait! Steps to Take, Ways to Prepare, Volunteer Opportunities, Online Resources, **pg. 3**

Winter Preparedness, Emergency Car Kit, **pg. 4**

KENAI PENINSULA CITIZEN CORPS COUNCIL

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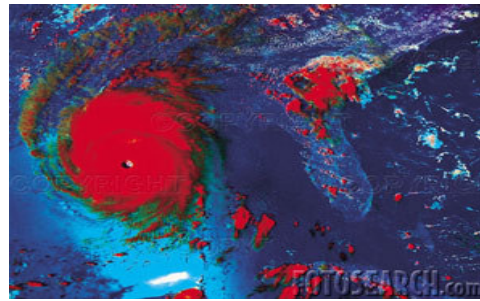
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Hurricane Disaster Lessons

In light of this year's devastating hurricane season, many of us are feeling far from complacent as we contemplate our own disaster risks. As many of you already know, the Kenai Peninsula Borough communities are scattered across a vast 25,000 square mile



area. The sheer geological and geophysical diversity is both breathtaking and associated with an assortment of disaster risks including: wildfire, flooding, extreme weather (wind, snow, rain, extreme cold), earthquakes, tsunami and volcanic activity. In other words, we must never take our safety for granted. **Prepare, Prepare, Prepare** are watch-words to live by...

FALL CLASSES:

COMMUNITY EMERGENCY RESPONSE TEAM (CERT) TRAINING

The course is scheduled to begin the evening of **November 1st at 6:00pm** in Room 8 at Soldotna Middle School. Training sessions cover:

- disaster preparedness
- fire suppression
- basic triage and emergency life-saving techniques

- light search and rescue
- team organization
- disaster psychology, and
- a disaster simulation drill.

Please encourage your friends, neighbors and co-workers to attend the class. There are only a few spaces left - so don't wait - call 262-6768 or email Carmen at

Soldotna Community Schools
(ctriana@kpbsd.k12.ak.us) to register and reserve a space!

AMERICAN RED CROSS

Adult CPR, Infant & Child CPR, First Aid Basics and AED training on:

Nov. 9th and 10th 6pm to 10pm (Note: the course takes both evenings to complete)

Nov. 19th 8am to 5pm

Dec. 10th 8am to 5pm

Dec. 28th and 29th 6pm to 10pm (Note: the course takes both evenings to complete)

The classes will be held at the American Red Cross Office Building, 503 Frontage Road, Kenai (next door to Dan's TV). Call 283-4556 to register.

MUSINGS FROM THE NEW COORDINATOR

Greetings! My name is Glenda Landua and I'm the new Citizen Corps Coordinator. Those of you who know my predecessor, Kim Lorentzen, will realize I have some very large shoes to fill! Kim left the Coordinator's position to prepare for the birth of her son, Asa James Lorentzen. Asa was born on October 20th and is doing well! Congratulations Kim and Aaron!

As I've transitioned into the job of Citizen Corps Coordinator, I've been talking with and listening to people all over the Borough - volunteers, industry representatives, emergency responders, non-profit service providers - a host of interested and interesting people. Although most are strongly supportive of the idea of citizen emergency response team (CERT) training, the longer term challenge appears to be finding ways to build and maintain interested, motivated, and connected teams in each community.

So – given the limited funding and staff typical of non-profit volunteer based programs, how do we protect the initial CERT training investment, facilitate ongoing training and volunteer opportunities and keep enthusiasm for the program from evaporating?

Although I have a number of ideas, I'm interested in hearing how each community is dealing with the "what next" question. In the coming months, I'll be looking for opportunities to meet and visit with many of you. Please feel free to contact me by phone (907) 262-2098 or email glandua@borough.kenai.ak.us . I look forward to hearing your thoughts, ideas and program experiences.

Disaster Preparedness: Getting Started **By Kim Lorentzen, Kenai Peninsula Citizen Corps Council Member**

In light of the recent hurricane and its aftermath in the Gulf Coast region of our nation, let's all take a few moments to make sure that we are prepared for the possibility of disaster on our own doorstep.

The landscape that drew many of us to Alaska also presents us with a long list of natural disaster possibilities, from earthquakes and tsunamis to volcanic ash,

flooding, avalanches, severe winter weather and raging wildfires. Fortunately, Alaskans as a group tend to be hardy and resourceful. Having said that, there are still many things we can do to minimize our risks – personally, materially, and as a community.

Are *you* ready for the possibility of a natural or man-made disaster? Test your disaster preparedness with some of the following questions:

- Do you have a family disaster plan?
- Do you have a disaster supply kit?
- Do you know your community's evacuation routes for fire or tsunamis?
- Do you know the basic steps to safely shelter-in-place?
- Do you know how to create a defensible space to protect your home from wildfire?
- Do you know how to protect yourself and your property from volcanic ash?

To begin, there are three basic steps that will start you on your way to being prepared for the unexpected:

Get a Plan

Disaster can strike at any time. If an earthquake hits at 10:30 on a Tuesday morning, where will you be? Where will your spouse, partner or children be? Where will you meet? How will you get there? What if the phone lines are down? Making a family disaster plan is as easy as answering a few questions. Put it all in writing (the Red Cross and FEMA have produced a handy worksheet to walk you through your plan) and give everyone a copy. Talk about it together as a household, so that everyone has input as to how the plan will work for them. Choose an out-of-state contact to call and check in with. During a disaster, it's often easier to call out-of-state than locally. Everyone should either memorize the phone number or carry it in a wallet or purse.

Get a Kit

A disaster kit doesn't need to include everything but the kitchen sink. Just put the essentials (I.D., cash, warm clothes, ready-to-eat food, a three day supply of water for each person, prescription medications, etc.) in a duffle bag or backpack. Keep your kit somewhere easy to find, like the trunk of the car or next to the

back door, and make sure everyone in the house knows where his or her kit is. Be sure to include items you'll need for pets (food, a leash, etc.).

Get Informed

Learn about the potential for disasters in your area. Call the Kenai Peninsula Borough's Office of Emergency Management at 262-4910 for information about the natural hazards and disaster risks in your area or visit their website at www.borough.kenai.ak.us/emergency. After you've learned the type of hazards and conditions you should consider, look into classes that are available in your community to gain valuable skills like first aid, CPR, basic search and rescue and small fire suppression.

For disaster preparedness classes and related information such as worksheets that will help you develop a family disaster plan or kit, create defensible space for your property, and learn to shelter-in-place, visit the Kenai Peninsula Citizen Corps website at www.kpvolunteers.org or call 262-2098, or contact the Kenai Peninsula Red Cross chapter at 283-4556.



Did you know that you can take a CERT refresher course online?

Go to www.training.fema.gov/emiweb/IS/is317.asp to download the course.

If you're a member of a Kenai Peninsula CERT team, be sure to notify us of your completion of the course – we'll make a note on your CERT form that you've completed a refresher course.

KENAI PENINSULA CITIZEN CORPS PROGRAMS

Volunteer Opportunities

Let me know if you have an interest in helping with any of the following projects or activities:

- ❖ staffing an education booth at the Homer Health Fair. on November 12th;
- ❖ distributing emergency preparedness information to your church, workplace or neighborhood;
- ❖ writing an article for the Citizen Corps newsletter;
- ❖ helping set up the Medical Reserve Corps program volunteer database;
- ❖ organizing supplemental drills, activities or training for your CERT team;
- ❖ helping revise CERT class materials for a teenage audience.



STEPS TO TAKE ☐ WAYS TO PREPARE

Help organize or attend a CERT class in your area. This winter we are working on scheduling classes in the communities of Seldovia, Hope, Port Graham and Seward. If you know people who would like to be wait-listed for one of these classes or if you are interested in promoting CERT training for your neighborhood, business, church or other organization, call or email me and we'll work on it together. Contact: Glenda at 907-262-2098, 1-800-478-4441, ext. 2098, glandua@borough.kenai.ak.us.

Online Emergency Preparedness Resources

Are You Ready?

An In-depth Guide to Citizen Preparedness

The online course is available at: www.training.fema.gov/emiweb/is, Click on "Our Courses" on the left side of the page, Click on IS-22. The publication can also be picked up at the Borough Office of Emergency Management or ordered online from the Citizen Corps website: www.kpbvolunteers.org

Winter Preparedness

Emergency Car Kit

- blanket or sleeping bag
- flashlight and extra batteries
- utility or camp knife
- high caloric, non-perishable food
- non-electric can opener
- extra clothing
- a large empty can with a plastic cover
- toilet paper and towels
- a small can and water proof matches to melt drinking water
- tire chains
- small shovel
- necessary medications
- flares
- windshield scraper
- tow rope
- jumper cables
- water
- compass
- road map
- change



- first aid kit
- cell phone
- small tools (pliers, wrench, screwdriver)
- duct tape
- sturdy boots or shoes
- extra mittens, socks, and warm cap
- extra newspapers for insulation
- brightly colored, large cloth to tie on antenna to attract attention

Consider carrying a bag of sand or kitty litter. If your battery is old, now is the time to buy a new one. If you park outside during an extended period of below zero temperatures, plug in the engine block heater or leave a trouble light on under the hood. Try not to travel alone - especially if severe storms are predicted. Let people know where you are going and when you expect to get there.

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