

KENAI PENINSULA



CITIZEN CORPS



Resources for building stronger, safer communities on the Kenai Peninsula

Winter 2010

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HAPPY HOLIDAYS!! CERT Christmas Tree

Thanks to everyone who helped with the CERT Christmas Tree project! Our theme was **"Give the gift of preparedness for Christmas!"**. In just under a week we gathered over \$850 worth of emergency supplies and put together a great (and very practical) tree!

CERT volunteer Becky Foster won the tree and had this to say:

"Last night we received the CERT Christmas tree that we won at the silent auction. We had SO much fun looking at all of the goodies that came with the tree. We have already put the items in totes and have added the totes to our other survival items. I'm sure we are the most prepared family in the neighborhood!"

I want to thank all of the volunteers for the organization and construction of the tree, as well as all of those who donated the many, many items. What a great gift...the gift of preparedness!

Thank you again and Merry Christmas!!!"



The tree earned two hundred and sixty-two dollars and fifty cents for CERT!

Special thanks to **Tom and Pam Burg, Carol Sinenko, Kathy Heindl, and Carla and Gordon Merrill** for all the hands-on help with the project!

Recent Training

October 16—Kenai Tsunami Exercise

All told, 23 CERT volunteers, 3 KPB OEM staff, 2 KFD personnel, 2 CPH staff, 14 civilian role players and 32 National Guard members participated in the community earthquake/tsunami exercise in Kenai. **We learned a lot** and identified some additional training that we would like to do in the new year. Watch for ICS (forms), communications and team-building classes!

Many thanks to **Mike Tilly, Sam Satathite, Mike Huckabay, Eric Mohrmann and Captain David Kang** for their work at every stage from planning to the after action debriefing! Thanks to **Sam and Huck** for conducting CERT refresher SAR, Triage, radio and GPS training before the exercise — and for doing an amazing job during the exercise!

Thanks to the volunteers who participated as team members, safety officers or victims: **Clif Caffall, Tom Burg, Leslie Logan, Jackie and Stephen Stringham, Bud Sexton, Kathy Heindl, Jack and Robin Ross, LaDana Turner, Kim Rudge-Karic, Ivan Karic, Nancy Schrag, Dave Groskopf, Carol Sinenko, Katja Wolfe, Wayne and Jane Schultz, Lindsey Sagami, Carla and Gordon Merrill and Frank Keener**. Thanks to Kenai Battalion Chief **Tony Prior** for observing the exercise, **Amanda Burg, Janelle Zoubek** and the entire **Villa family** for their immense patience and role playing skills!

Many thanks to CERT volunteer **Bud Sexton** for preparing press releases and newspaper articles and **Jeremy Zidek** (PIO for the Alaska DHS & EM) for creating a CERT promotional video based on the exercise. You can view the video “**What is CERT**” at: www.ak-prepared.com/cert. **Well done everyone!**

New Homer CERT Volunteers

Congratulations to **Roxy Banks, Millie Jeakins, Les Kolb, Tanya Ann Norris and Sandra Stark**, who are our newest CERT volunteers! They completed their training in October with a drill at Homer High School. **Frank Vondersaar and Patty Graham** also renewed their CERT training. Special thanks to **Homer VFD Chief Bob Painter**, lead instructor, and **Paul Pellegrini** for an excellent class!

First Aid/CPR/AED Training Nov. 29 and 30

CERT Volunteer **Jane Schultz** helped several CERT volunteers advance their emergency first aid skills. Many thanks to Jane, as well as to **Robin and Jack Ross, Amorette Payment, Tom Burg and Wayne Schultz** for participating!

Winter Travel Tips



By Terry Van Winkle

If there is one thing that everyone takes away from participating in a disaster drill, it is the value of being prepared in the event of big emergencies. Still, we often lack a measure of foresight when it comes to everyday tasks like driving on icy roads. Freezing temperatures don't only cause superficial injury; exposure to low temperatures can be potentially life-threatening.

Being prepared means not only being ready to help others, but having the ability to self-rescue. Cell phones don't always work, and winter traffic in Alaska can be sparse, especially in poor conditions, so it's best not to rely on someone else to come to your aid.

So ask yourself: do you have what you need in case of an emergency or self-rescue situation? Do you have the materials and the know-how to make a shelter and fire, and to signal for help? What if you have to walk to get help? (Remember, though, in nearly every circumstance it is best to stay in your vehicle. A vehicle is a ready-made shelter, and it's easier for rescuers to spot.) Here is a list of things I keep in my truck at all times: **Fire starter, flares, a knife, insulated boots and coveralls, winter gloves and cap, two 10 x 10 tarps, two candles, a coffee can for melting snow, two sand bags, a tow strap and jumper cables, CERT bag, small snow shovel, energy bars and a sleeping bag.**

Bring water and a thermos of hot beverage with you as well. Keeping hydrated is crucial. Drinks such as cocoa offer both hydration and important calories to fuel your body's inner furnace.

To help anyone, including yourself, you have to think ahead. I hope never to need any of the “just in case” stuff in my truck. However, the reality is that every day you drive might be that day when you or someone else will need those supplies. Why not be prepared for the unexpected?



“Tsunami” Hits Kenai!

By Bud Sexton

A large 7.0 earthquake and fifty-foot tsunami wave hit the Kenai area on Saturday, October 16 at 8:02 a.m.

You didn't feel the earthquake or hear about the tsunami? Maybe you noticed the Army National Guard Humvees around town that day, or you might have seen a number of people who were bandaged and “bloody”. OK, so perhaps you didn't know that it took place, but for nearly 100 organizers, rescuers and “victims”, the disaster was a real-enough event.

The disaster scenario was part of a multi-agency training exercise between the Kenai Fire Department, the Kenai Peninsula Borough Office of Emergency Management (KPB/OEM), the Army National Guard, Central Peninsula Hospital and the Community Emergency Response Team (CERT).



Tilly said that “we must always be ready for emergencies. This was a great opportunity to train with other agencies and individuals so that when a real disaster strikes our area, our coordinated response will be that much better.”

The emergency drill and impact zone played out in the South Forest area of Kenai, with community residents participating as victims. The organizers rolled out the Humvees, the mobile command trailer, lots of radios, medical equipment... basically everything one would expect to see during a real crisis.

Teams located and secured damaged utilities, and collected information about area damage so that a coordinated response could be developed. Duties were assigned and rescue plans were set in motion.



There were victims who pretended to be lost, some trapped in demolished buildings or warehouses, and others who were injured on the beach and in need of rescue. Rescuers charged off in Humvees and on foot using GPS coordinates to find those who needed help. Once located, victims were given first aid and brought to a safe location for more care.

When the drill was complete, both rescuers and victims gathered to discuss what worked and where improvements can be made. Although this was a serious exercise, it was clear during the debriefing that participants also had a lot of fun, and that personnel from different agencies enjoyed the opportunity to work together. Emergency planners were already talking about how to make the next scenario even better.

At the end of the day, all of the disaster victims were rescued and everybody went home. Both organizers and participants said they were very pleased with how the drill went, and just as importantly, what they learned in the process.

CERT Volunteer Bud Sexton was the Operations Chief and Public Information Officer for the October Exercise.

Why stage the exercise? Kenai Fire Department Chief Mike



CERT Volunteers — Please do your part and help us keep our training grants. **IS 100 and 700 are required for everyone (CERT Volunteers!) 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:

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.

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CITIZEN CORPS



*Best Wishes for a
Safe and Merry
Holiday Season!*

 Ready America

Prepare. Plan. Stay Informed. 

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