



WHATCOM COUNTY CERT NEWS

WHATCOM COUNTY SHERIFF'S OFFICE
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Our monthly lesson for a refresher!

CERT is about readiness, people helping people, rescuer safety, and doing the greatest good for the greatest number.

"DON'T LEARN SAFETY BY ACCIDENT"

When did you last check your "72 Hour" Kit?

CERT 42

More CERT Graduates. I really enjoy this part of the newsletter. It is so exciting to list those people who have completed CERT training and are now part of the CERT "family".

Following the final exercise given on June 15, the following people have completed all CERT requirements and have been registered as Whatcom County Emergency Workers under the CERT program:

Mary Brockett, Anna Brown, Joyce Busch, Terry Busch, David Culver, Judith Culver, Richard Dunlop, Kayla Grayson, Rosemary Grooms, Chloe Knight, Bahana Naimzadeh, Seth Norell Bader, Troy Smith, Brent Swezey, and Hana Van Pelt.

In addition, **Alan Carroll, Ian Carroll, Abe Castellon, Jody Holm, Christine Weden, and Sonia Wollin** took the class and will graduate upon completion of missed sessions.

CONGRATULATIONS ALL!

FUTURE CERT CLASSES

We have scheduled two CERT classes for this fall. The first will be given through Bellingham Tech and will be held on Tuesday evenings beginning on September 28th.

The second will be done in Point Roberts over one long weekend. This is being led by new instructor **Virginia Lester** and potential instructor **Andrew Breiteneder** with guidance and support from **Geri Chumley**. The class will be held on October 1, 2, and 3rd.

CERT INSTRUCTORS

The above are the classes scheduled as of now. If any of you have a group interested in having a CERT class, contact me and we will set it up.

Remember, I hope and expect that CERT instructors will be active in developing CERT classes. This is especially true in areas of the county where access to Bellingham is more difficult. You never know who will be in a position to save your life. Training can be the key.

CERT OPPORTUNITY

I want to thank team leader **Nick Mele** and those CERT members who helped out with the Whatcom Volunteer Center's Human Race on the morning of June 12th.

However, I need to remind people that if they volunteer, they really are expected to help. I heard that some of our folks did not show up. That is disturbing to me. CERT people have a great reputation and we need to maintain that.

CERT EXPO

The 2010 NW Citizen Corps Expo is scheduled for 8 AM to 4 PM on Saturday, August 28th at The Washington State Fire Training Academy just outside North Bend. You won't want to miss all the fun and skills scheduled for this year, so mark your calendars!

Registration will be open July 1 – August 1 ONLY. So plan accordingly! To continue to offer this great training and exercise opportunity, a non-refundable fee of \$30 is required this year. Go to www.nwcitizencorpsexpo.com for more information and to register.

The day features: Staging Area Check-In, Food (Breakfast, Lunch & Snack), Activation Simulation Mass Casualty Exercise, State & Federal Plan Training, Disaster Animal Response Training, Flood Fight/Sandbag Training, Collaboration of Disaster Response Volunteers, Review

of Lessons Learned, Exercise Keepsake Networking, and Team Building.

It is not too early to plan.

CERT JOBS

I welcome **Jule Button** and **Susan Black** as new coordinators of the CERT trailer. Thanks for taking this on.

CERT TEAMS

CORDATA:

I attended a meeting last week of folks in the Cordata Neighborhood. Spearheaded by **Brock Ward**, they are working to organize the CERT members who live in their neighborhood. That neighborhood is unique in that it is largely made up of condominium associations. So each subgroup has an organization. The CERT folks hope to have CERT members work with their individual associations to prepare for upcoming emergency events.

ACME:

The CERT Team in Acme is taking part in the upcoming 4th of July parade. They have a float and booth planned to advertize CERT.

KENDALL:

The team continues to work to generate a CERT class.

PREP:

See information above on upcoming CERT class.

THANKS - 1

A big thank you to all the CERT and non-CERT members who helped out with the Cert 42 Final. **Geri Chumley, Dawnette Chadwick, and Constance Chadwick** did the moulage and **Daniel Chadwick** kept all of the present and future grandma's busy holding him. Members from the **Bellingham Civil Air Patrol**, CERT members **AJ** and **Ryan Mallory, Jule Button** and **Melanie Fallis**, and CERT friends **Evelyn** and **April Joneli, Anna Clancy, Cassie House, and Melanie's dad** were victims. **Jenny Kendall** ran the exercise and **Helen Jacobson, Geri Chumley, and Henry Wysocki** were observers.

THANK YOU ALL!

THANKS – 2

For the past several weeks, DEM (under the tutelage of soon-to-be CERT member **Anna Clancy**) has been conducting a commodity flow study across Whatcom County. Watchers staffed three points around the county and recorded those trucks with hazardous material markers. **(Remember session 3?)** Several CERT members have helped. Anna wants to thank **Bill Aiken, Jeannine Chapman, Geri Chumley, Donna Fullner, Katie Heintz, Vicki Kelln, Kristy Marsolais, Joan Ooms, John Primrose, John Robinson, and Drew West** for all their help.

JENNY QUESTIONS

1. What is the recommended amount of water to store per person per day?
2. How many drops of bleach should be used to purify 1 quart of water?
3. How long should water sit after being treated before it is used for drinking?

HEALTH INFORMATION

I received the following from **Henry Wysocki**:

Why keep aspirin by your bedside?

Bayer is making crystal aspirin to dissolve under the tongue. They work much faster than the tablets.

There are other symptoms of a heart attack besides the pain on the left arm. One must also be aware of an intense pain on the chin, as well as nausea and lots of sweating. However, these symptoms may occur less frequently. Note: There may be NO pain in the chest during a heart attack. The majority of people (about 60%) who had a heart attack during their sleep did not wake up. However, if it occurs, the chest pain may wake you up from your deep sleep.

If that happens, immediately dissolve two aspirins in your mouth and swallow them with a bit of water. Afterwards: CALL 911.

- say "heart attack!"
- say that you have taken 2 aspirins.
- phone a neighbor or a family member who lives very close by
- take a seat on a chair or sofa near the front door, and wait for their arrival and...
- ~ DO NOT lie down ~

Something that we can do to help ourselves. Nice to know.

FROM THE NATIONAL PERSPECTIVE

I gleaned the following out of the monthly FEMA Update I receive.

Older Citizens and People with Access or Functional Needs Must Plan In Advance for Emergencies. Being prepared for an emergency is everyone's responsibility. If you are elderly, have disabilities, or access or functional needs, careful planning is essential to survive a tornado, flood, fire or other disaster. Disasters or emergencies can strike quickly and without warning and may force you to evacuate your neighborhood or confine you to your home.

Also, children can be especially vulnerable to stress following a disaster. Of the 61,375 households impacted by the floods that have registered with FEMA this year, nearly a third include children younger than 18. Preschoolers, children and teenagers who witnessed their home being damaged or destroyed, spent nights in a

shelter, changed schools, lost a pet or had their normal routines interrupted are susceptible to anxiety. Children are also strongly influenced by how parents, teachers and other caregivers cope following a disaster. Learn more about helping children in a disaster.

Please read more on FEMA's website <http://www.fema.gov/news> about what you can do to help yourself and/or your community.

JENNY ANSWERS

1. 1 gallon (2 quarts for drinking, 2 quarts for food preparation and sanitation)
2. 4 drops of bleach per quart of water should be used for purifying water.
- 3 After water is treated it should be allowed to sit for at least 30 minutes before drinking.

CONTINUING ED.

Several people have commented on the need for continuing education. There are several ways in which you can get this. First, the annual CERT EXPO noted above. Second, you can attend and take part in any of the ongoing CERT sessions. Third, you can go on-line to the Emergency Management Institute website <http://training.fema.gov> and take some of the online classes. Try it.

We're on the web!
www.whatcomcert.org

See the website for our updated newsletters each month!

(www.whatcomcert.org)

Mark Challender, webmaster.
Penny Wile, Photographer

Also, the newsletter can be found at

<http://www.whatcomcounty.us/dem/educate/cert/cert.isp>



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THE AMERICAN RED CROSS

**ARC Courses
Contact the Mt. Baker
Chapter for more
Information – 733-3290**

***New! Open Shelter Locator
Map from the American Red
Cross***

The American Red Cross has teamed up with Clorox to promote preparedness this month, with actress Raven-Symone at the helm. This summer, while kids are out of school, you can take the opportunity to get the family involved with making a kit and a plan. See more about this program on the ARC blog <http://redcrosschat.org>



Medical Reserve Corps

The Medical Reserve Corps is a group of medical professionals and others prepared to volunteer their skills during times of community crisis.

360.676.6724 x #50852

<mailto:info@WhatcomMRC.org>

<http://www.whatcommrc.org/>

CONTINUING EDUCATION – See the latest *CERT News* for current details.

CHANGES ARE CONSTANT – CERT IS FLEXIBLE

Additional info: Bob Jacobson (phone 360-778-7163) or bjacobso@co.whatcom.wa.us.

TO VOLUNTEER for Booths and Special Events:

Contact Joy Krumdiack – Special Events Volunteer Coordinator

Phone: 733-4555 (Work),

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bryankr@msn.com