



# Newsletter

September 2019

Where  
in Cambria can  
we buy gas during  
the **Public Safety  
Power Shutoff?**  
See page 5

<https://cambriacert.com> • <https://www.facebook.com/CambriaCERT/>

## Coordinator's Corner

Heraclitus, a Greek philosopher, has been quoted as saying, "Change is the only constant in life." I'm not a philosopher, but I can use Google. We are experiencing a lot of that change this year. Much of what is happening is due to catastrophic fires of the past few years. That heightened awareness is resulting in the growth of preparedness events and websites. Our new local and county websites are examples of this.

Pressure to implement measures to reduce the risk of wildfires has led to a big push from PG&E to remove some of the causes before they can spark the fire, but it has also led to a situation where everyone needs to plan for an extended period without the benefits of commercial power. That can be a real eye-opener and even spurs us (CERT) to reassess what more we can do. "Pines in the Lines" becomes 'Support to the Fire Station' and "Red Flag Fire Patrol" becomes a 'Quick Look Situation Report'. Other operations like chipping and a power down communications network are no longer just good practices, they are an essential piece of fully preparing the community.

We are lucky to have a large number of volunteers, but that resource needs to be protected, grown and made more efficient so that our members are working at the level of their capability and not expending excess effort in unrealistic areas. There are elements of all these efforts and more in this newsletter. Please take the time to read through and understand what they mean to you. Above all, let us know what we can do to keep pace with the changes that are happening in our community.

Thanks for all you do!

- Craig Ufferheide, *CERT Coordinator*

**"... everyone  
needs to plan  
for an extended  
period without  
the benefits  
of commercial  
power."**

**September is Preparedness Month.** Each September, National Preparedness Month encourages and reminds Americans to be prepared for disasters or emergencies in their homes, businesses, and communities.



Get kids involved by letting them know what to do when there is an emergency - and make the lesson fun:

<https://www.ready.gov/kids/games>

## Upcoming Events

- 09/30 Cambria CERT Basic Training Class Starts**  
Confirmation email to follow. Additional classes to be held Oct. 2, 7, 9, 14 and 16.
- 09/16 Paso Robles CERT Basic Training Class Starts**  
Additional classes to be held on Oct. 23, 30; Nov. 6 and 9.
- 10/17, 18, 19 Chipping Event**  
**VOLUNTEERS NEEDED**  
See article top of page 2.
- 10/19 HAMCRAM**  
Get your HAM license in one day (Santa Maria)
- 10/21 CERT Quarterly Mtg**  
Trauma Management speaker and CPR training
- 10/23 San Luis Obispo County Emergency Communications Council (SLOECC) Meeting** in Cambria - Licensed HAM meeting
- 11/18, 19, 20 CERT Train the Trainer**  
Held at Emergency Mgt. Institute (EMI) in Maryland. Approval needed. FEMA funded. See page 4.
- 11/21, 22 CERT Program Manager Training**  
Held in EMI in Maryland. Approval needed. FEMA funded. See page 4.



FREE Cambria Wood Chipping Event for Cambria Residents

The *Upcoming Events* column on the front page shows the current schedule for our 2019 Wood Chipping Event on October 18 - 19. Again this year, thanks to the Fire Safe Council, we are planning on using a local contractor to do the chipping with CERT providing the route planning, site traffic management and guidance to get from site to site. Add to this the use of our CERT radios and it is a great practice for the elements of a real emergency. Our community really appreciates this free service. We will be ‘spinning up’ the publicity real soon and we need some CERT volunteers for the two days. We always try to have enough volunteers that everyone only needs to help for half a day. The more volunteers we have, the easier the job, so see the *Volunteers Needed* on the top of page 3 and sign up.

Next CERT Quarterly

October 21 at 6:30 p.m.  
Cambria Presbyterian Church

Our next CERT Quarterly meeting will provide you two extremely valuable skills that every CERT member should be familiar with.

Gila Zak, a multifaceted therapist from our area, will provide us a slightly different perspective from one who follows the trauma victim from the event through recovery. This presentation will prepare responders with the understanding and tools to better manage the emotional and mental impact in the moment of

crisis and beyond. Post-traumatic stress can be minimized or neutralized with proven methods designed to support the natural process of recovery from stressful situations.

Following Gila’s presentation, we will provide refresher and/or introductory training for hands-on CPR & AEDs. With the activation of the PulsePoint Responder app, we would like as many of our CERT members as possible qualified in these areas.

Don’t miss this opportunity to add more depth to your CERT emergency skills. With this you can definitely save or salvage a life. Mark your calendar for the October 21 meeting at 6:30 p.m.

Choose Your CERT Response Level

The ‘R’ in CERT stands for Response, but that isn’t the same for all of us. It is important to you and Cambria CERT that you are matched with a level of response that fits you. We need a whole range of responses to fulfill our mission.

Cambria CERT is launching an outreach effort to establish a baseline level for each member. The purpose of this outreach is to allow each Cambria CERT member to select their current response level for CERT activities.

Members will be contacted by phone and asked to select a current level according to some guidelines.

Responder Capable -

Physical activity could include walking assigned areas and performing lite search and rescue.

Support Capable -

Physical activity is limited to tasks not requiring a high level of physical exertion.

Participant Capable -

These members can maintain their skills, attend meetings and support CERT outreach activities as they choose. These members will generally not be contacted for CERT emergency call-out, but exceptions are possible.

CERT members may adjust their response level as needed. This will insure that each member feels comfortable in the tasks they may be assigned and it will make that selection process quicker, more efficient and more effective.

Volunteers Needed

FUNCTION	HELP NEEDED	POINT OF CONTACT
October 16 CERT Basic Final Exercise	Victims for final class of emergency simulation exercise	Bob Putney: <a href="mailto:bobanddaunputney@sbcglobal.net">bobanddaunputney@sbcglobal.net</a>
October 18 & 19 Chipping Event	Guides and traffic management	Bob Putney: <a href="mailto:bobanddaunputney@sbcglobal.net">bobanddaunputney@sbcglobal.net</a>
Pulse Point AED Recorders	ID and log in Cambria AED locations	Craig Ufferheide <a href="mailto:ufferheide@charter.net">ufferheide@charter.net</a>
Fire Station Support List (Cmd Ops)	Telephone support for scheduled Public Safety Power Shutoff (PSPS)	Dave Wierenga <a href="mailto:dhwier13@mail.com">dhwier13@mail.com</a>
Red Flag (PSPS) Situation Report List	Conduct Quick-Look During Public Safety Power Shutoff (PSPS)	Bob Putney: <a href="mailto:bobanddaunputney@sbcglobal.net">bobanddaunputney@sbcglobal.net</a>
LH-E & Top of the World SAMs	Fill vacant SAM positions	Craig Ufferheide <a href="mailto:ufferheide@charter.net">ufferheide@charter.net</a>



RADIO Corner

Get Your HAM license in One Day

CERT depends on its HAM operators to assure we have local and county contact in an emergency. Have you thought about trying this, but thought it was too hard? This is the perfect solution. No tedious preliminary home study. No long, boring, once-a-week classes. You attend for just one day, 8:30 a.m. to 5:30 p.m., and it’s done! Hundreds of men and women, ages 16 to 90, (minimum age:16, younger only

by special request) have quickly succeeded in the past ten years, in over 100 sessions. The success rate has NEVER been less than 85%. October 19 in Santa Maria or January 18 in San Luis Obispo in the Sheriff’s auditorium.

Want a HAM Radio Base Station?

If you have a HAM license and would like to reach out further than you can with your handheld, contact Dave Wierenga [dhwier13@gmail.com](mailto:dhwier13@gmail.com). We can help you set up a base station at little or no cost to you.

Annual SLO-ECC HAM Radio Meeting on October 23

Things are changing, especially in the Packet Radio world. Plan to attend to keep pace with what is planned now and in the future.

**PACIFICON 2019**, October 18,19 & 20, in San Ramon, CA

“The Science of Radio”- You will learn what is going on in the Amateur Radio world.

NEW WEBSITES

The following are some new preparedness websites that will keep you up to date on all the latest preparedness information and what is happening in Cambria and the county.

Cambria CSD Fire Dept Sponsored 24/7 North Coast Emergency Preparedness –

[www.247ncep.com](http://www.247ncep.com) - Get local and general information to help mitigate, prepare for, respond to, and recover from, the effects of emergencies.

San Luis Obispo Preparedness Website - [www.ReadySLO.org](http://www.ReadySLO.org)

Provides County preparedness info as well as accurate info during the emergency and recovery effort.





Community Wildfire Safety Program – Public Safety Power Shutoff (PSPS)



By now you have seen a lot of things that may possibly happen with power shutoffs, and you will probably see a lot more. As many as 3-7 days without power takes some preparation. In coming weeks, you will see articles on *5 Minute Evac Plan*, *Your Emergency Pack*, and *What is Red Flag?*.  
At CERT, we have been trained in a lot of these areas, but refreshers are good and there are a few things coming up that may be important to you and others you know. We also need help to get the word out. See *Volunteers Needed on page 3*.  
• How to get PG&E Alerts if you are not the account holder: Check the *Alerts* section of [www.CambriaCERT.com](http://www.CambriaCERT.com).  
• Registering a special needs medical baseline for electric bill reductions and

additional power shutoff notices: Check the *Alerts* section of [www.CambriaCERT.com](http://www.CambriaCERT.com).

CERT Response to Public Safety Power Shutoff (PSPS)

Our September 3 All-CERT email explained the activities CERT is preparing to do, if requested by the Cambria Fire Department. That includes telephone support to the Fire Station if the PSPS is announced sufficiently beforehand. When the power shutoff occurs, we are setting up to provide Quick-Look Situation reports to ID how things are working. That will require the Red Flag Fire Patrol to make the survey. There will be other supporting efforts:  
• We have upgraded our battery support capabilities. See *battery article on page 5*.  
• The CERT Contact app was successfully tested on September 9 & 10. See *Volunteers Needed on page 3*, to join the teams.  
• Local Gas Station Capabilities have been surveyed. See “*Got Gas?*” *article on page 5*.  
• When the lights go out, turn on your radio” still applies. If the outage extends over days, this becomes even more critical. Additional procedures will follow for this situation.



CERT Program Manager and Train-the-Trainer course at FEMA Emergency Management Institute (EMI)

Whenever possible, we schedule the CERT Program Manager (PM) and Train-the-Trainer (TTT) in California, but that isn’t always convenient and there is another way. FEMA sponsors these classes a couple times a year at EMI in Emmitsburg Maryland. FEMA funds the air transportation and provides a room - usually on the EMI campus. These courses need a sponsor (Cambria Fire) and local OES approval, but if you are interested, let a CERT Coordinator know, and we can guide you through the process. Apply early, as Slots fill quickly. Note below that the two courses are conducted in series.  
• [E0427 - PM Training](#) - Nov 21-22, 2019 • March 5-6, 2020 • June 11-12, 2020  
• [E0428 – TTT Training](#) - November 18-20, 2019 • March 2-4, 2020 • June 8-10, 2020

PulsePoint Goes Live

In July of this year, a new local public safety app went live. It’s meant to save the lives of heart attack victims. At the same time, it alerts users to emergencies in San Luis Obispo County. There are actually two apps:



**Pulse Point AED (Automated External Defibrillator):**  
This app has been around for a while. A couple of years ago,

Mark & Susan Garmin, when they lived here, started capturing the locations of Cambria AEDs in the app. We need some volunteers to continue this important function which ties into the 2nd app. (See *Volunteers Needed, page 3*).



**PulsePoint Respond:**  
Through the Cal Fire Dispatch, this newly funded app alerts

people trained in CPR of someone nearby having a heart attack. It also provides a map with directions to the incident and the nearest AED with instructions on use. In addition, there are options to be alerted to other emergency call outs.

UPDATE!: As I was writing this I received a response back from PulsePoint regarding the following question: “*Should hands-only CPR trained individuals register on Pulse Point?*”

The answer came back: “*Yes, absolutely. Anyone trained in any form of CPR is encouraged to carry PulsePoint. Thanks for reaching out, Craig!*” - Customer Support”

This really gives us a reason to follow through with hands-only CPR and AED training.

These are apps that everyone should look into signing up for. There is a good FAQ page on the site: <https://www.pulsepoint.org/download/>. Give it a try!



Estimates from FEMA's 2018 National Household Survey suggest that an increasing percentage of the American public are actively preparing for disasters.

**57%** percent have taken three or more basic actions to prepare. That’s eleven percentage points higher than last year’s estimate.

**94%** percent have taken at least one action to prepare.

**67%** percent of adults have set aside some money for an emergency, although most have set aside less than \$500.



**Got Gas?** You all have heard the advice to keep your car’s gas tank at least half full. Do it early! After a “Public Safety Power Shutoff” (PSPS) it may not be so easy. Dena Kuhn took this on for Cambria and provided the table below. Note that it also covers Propane availability. We plan to get similar information for bordering communities.

Cambria Gas Stations (3) – Level of contingencies in case of Electrical Power Shutdown

As of August 7, 2019 Dena Kuhn reported	Shell Station 589 Main Street	Cambria Store & Gas 850 Main Street	Chevron Station 2194 Main Street
Have Generator?	YES & can operate it indefinitely	YES, but unsure if it works	NO, but worth a follow-up, as owner/manager is considering getting one.
Action taken if power outage	Stays OPEN & can pump gas & sell store items. CASH ONLY	Can’t Pump. Store will stay open for daylight hours. CASH ONLY for store items	Will CLOSE
Sell Propane?	Yes, but not in power outage	NO	NO
How else will power outage effect your business?	Limits lights and refrigerators. Can run cash registers. Cash only	Store only. Daylight hours only. Cash only.	





## We Don't Want to be at the Top of this List

StreetLight Data has generated a list of the communities with limited evacuation routes. We can't say we weren't in the mix, but we didn't appear in the top 20 results. That provides a certain amount of comfort. You have to take the good news where you can find it, but we have asked for the full report. Following are the two communities in California that made the top 20:

#13. Coto de Caza

#18. Bell Canyon

## Check Your Battery Expiration Dates!

*Courtesy of Medic Batteries*

A recent email read, "Batteries R Us". We have come to depend on those little packs of energy to operate many of the devices we use. For that reason, we have increased our stock levels and started paying more attention to "Best if used by..." dates. This is the date, past which the manufacturer can't guarantee full capabilities of the battery. In most cases, most batteries will still turn on a flashlight for a long time. But some devices, like our CERT radios, depend on batteries to get the maximum range capability. After the specified date, you have to start being careful of battery leakage, which can ruin the device. So, always try to have fresh batteries available for your radios. In addition:

- Always turn the device off when not in use.

### Battery Expiration Date Stamp

Some battery brands are date coded with the expiration month and year stamped on each battery.

Button cell, specialty electronic and rechargeable batteries typically do not contain a date stamp on each battery or package.

### Battery Manufacture Date Stamp

Some brands may also stamp the manufacture date on the battery or packaging.

### WHY CHOOSE MEDIC?

- ☒ 100% GUARANTEE
- ☒ FRESH BATTERIES
- ☒ SAME DAY SHIPPING
- ☒ VOLUME DISCOUNTS AVAILABLE
- ☒ QUALITY PRODUCT
- ☒ UNBEATABLE PRICES
- ☒ SUPERIOR CUSTOMER SERVICE

**CHOOSE THE RIGHT CONNECTION - CHOOSE MEDIC BATTERIES**

- Always try to remove at least one of the batteries when not in use. They can discharge over time
- Never store them loose so they

can roll around. They could short out.

- Don't store batteries in a hot environment (100+ degrees). Self-discharge will speed up.