



# CEC Newsletter

Connections • Communication • Protocols •

Spring 2019

## About The CEC

Coastside Emergency Corps (CEC) is a volunteer organization made up of Coastside residents who are trained to respond in the event of major disasters such as earthquakes, floods, storms, hurricanes, landslides, wildfires, tsunamis, heat waves, hazardous materials (chemical emergencies) terrorism and nuclear incidents.

The CEC helps support and integrate the many volunteer organizations in the San Mateo County Coastside through training and information sharing so that if a disaster occurs, these organizations will be better able to work together cooperatively, productively and effectively in providing assistance to our first responders.

## New San Mateo Coastside Coordinator Takes the Helm

Brian Molver

Young Brian listened to fire and medical talk at the dinner table throughout his childhood. His Dad was a firefighter and part of the National Forest Service's first hotshot crew in 1938, and his mother served in the military's Nurse Corps during WWII. It's not surprising that Brian would later complete training at a Firefighter Academy, Emergency Medical Technician (EMT) Academy, Federal Emergency Management Administration (FEMA) instructor program, National Incident Management System (NIMS) Instructor program and receive a certificate in Professional Development Achievement at The Emergency Management Institute.

He has been in the trenches coordinating services in mudslides, pipeline explosions and forest fires, has organized and trained professionals and volunteers in fire prevention, firefighting, rescue operations, protection services, and has been part of Neighborhood Emergency Response Team (NERT) and Community Emergency Response Team (CERT) training.



Brian Molver

Brian is not a newcomer to the Coastside. He has been the coordinator of the Office of Emergency Services (OES) for the South County since 1999 and became the Emergency Services Coordinator for The Coastside of San Mateo on December 3, 2018. He is an advisor to the CEC Council.

Brian is happy to assume his new position and wants to see the individual and collective volunteers develop and improve the mental and muscle reflexes to react quickly, decisively and strategically when a disaster strikes. He would like the Coastside to be a "Best Practices" example that similar organizations will emulate.

On the wall of his office Brian has chalked out an outline of how to remember what to do when the disaster strikes (while you are adjusting to the reality of the situation), so you'll react effectively:

### THE CERT SIZE UP

- Gather Facts
- Assess Damage
- Consider Probabilities
- Make Decisions
- Develop Plan of Action
- Take Action
- Evaluate Progress continually.

We welcome Brian to his position at the OES as our advisor, value his input into the CEC and look forward to seeing where our shared vision takes us

## The CEC's Four Branches

- Branch 1: Tom Lantos Tunnels to Frenchman's Creek (Montara, Moss Beach, Princeton-by-the-Sea, Pilar Point Harbor, El Granada, Miramar)
- Branch 2: Frenchman's Creek to Tunitas Creek (Half Moon Bay)
- Branch 3: Tunitas Creek to the Santa Cruz County line (La Honda, Loma Mar, Pescadero)
- Branch 4: South Skyline (neighborhoods along the Skyline corridor)

## CEC Meetings

**Board Meetings:** Are held the 3rd Wed of every month @6:00 pm The location changes monthly & will be posted the week of meeting

**General Meetings:** Are held quarterly at 6:00 pm. The location changes monthly & will be posted the week of the meeting.

## Advisory Committee

Dave Cosgrave, Cal Fire  
Steve Stockman, Red Cross CERT  
Charise McHugh, CEAP  
Brian Molver, OES  
Corie Stocker, City of Half Moon Bay  
Ari Delay, La Honda Fire Brigade

## CEC Standing Committees

ARES: Harry Ysselstein  
LAEG: Kris Thoren  
PHS: Julianna Barr  
DART: Marian Harris  
SOPS: Steve Stockman  
CERT: See Branches Below

## CEC CERT Branch\* Coordinators

**Branch 1:** Coastside CERT. Cynthia Sherrill and Emily Kim Co-Coordinators.  
coastsidecert@gmail.com

**Branch to 2:** Coastside CERT. Cynthia Sherrill and Emily Kim Co-Coordinators.  
coastsidecert@gmail.com

**Branch 3:** Mid Coast CERT. Bob Smith, Coordinator.  
robert.smith@lahondafire.org

**Branch 4:** South Skyline CERT. Peggy Wargo, Coordinator.  
peggy.wargo@lahondafire.org

"A Branch is an ICS organizational level that facilitates efficient management of multiple operations activities by geographic, functional, or jurisdictional responsibility. Branches are typically established only for very large or complex incidents and are employed to manage a span of control issues."

## 2019 CEC Board of Directors

President: Jeneen Sommers  
Vice President: Kris Thoren  
Secretary: Heather Peters  
PIO: Heather Peters  
Web Master: Pat O'Coffey  
Treasurer: Mike Akana  
Newsletter Editor: Paul Feldman [FeldmanCPR@gmail.com](mailto:FeldmanCPR@gmail.com)  
Director: Rita Mancera

## Community Emergency Response Teams (CERT)

WHY BECOME A CERT? Any citizen who wishes to help themselves, their families, neighbors and community to prepare for and cope with a disaster until help arrives, assist the first responders and continue to support their community during the aftermath should go through CERT Training.



## CERT Training

Not only is the CERT training interesting and educational, but it's also fun. You get to meet and interact with neighbors who are like-minded in helping make the Coastline a safer place to live. In the skills part of the team training you put out a small fire, size up a building to see if it is safe to enter, do a search and rescue, perform medical triage, safely remove a victim from under rubble, deal with stress (yours and the victim's), and learn how to pace yourself so you and your team won't be overtired and exhausted. You are never asked to perform any drill beyond your physical capabilities; there are activities that simply require a person to check off lists (building search results, triaging injured victims) or leading mobile victims to a recovery area. A few students in a recent CERT class thought it was the most fun they've had since they were kids.

Currently, Coastside Branches 1 & 2 have 124 registered CERTs, 29 who were sworn in last month. An additional 110 persons are in line for our next series of CERT basic training classes to be offered again this Fall. We have 47 licensed HAMS and 40 more who wish to receive HAM radio training. Coastside Branch 1 & 2 is subdivided into 26 TAC Call ID neighborhoods with 51 neighborhood leads.

In Branch 4, has sworn in 16 CERTS last year and a new class is planned for April 27 hosted by King's Mountain Fire. They have approximately 20 licensed HAMS in their region.

If you are interested in CERT education and training, contact any of the branch coordinators cited above.

### What You Can Do Now Prepare for a Disaster

Consider that in a disaster you may not be able to search through the ruins of your home for days or weeks, get to a community shelter, use your cell phone, credit card or local ATM machines. At a minimum, have enough supplies for three days for each person in your family. What can you start doing today to prepare?

#### **Have a Plan:**

With your family, discuss and develop a(n) shelter plan, evacuation route, meetup location, and plan for communicating with each other if power and cells are down. <https://www.ready.gov/make-a-plan>

#### **Prepare an Emergency Kit:**

The American Heart Association, American Red Cross, CERT Training manual, PG&E Safety Page, AARP and SF72 have check lists for kits. <https://www.sf72.org/supplies>

#### **Sign up for Alerts:**

Sign up for Alerts, so you will know what is going on in your community before and as it happens. <https://hsd.smcsheriff.com/smcalert>

#### **Participate and Self-Educate:**

Check out Useful Links, Standing Committees of the CEC or contact Branch Coordinators in this Newsletter. Go online to the CEC Website: [www.cecportal.org](http://www.cecportal.org)

### Emergency Preparedness Info & Links

#### **“ARES” Amateur Radio Emergency Service:**

<http://www.cecportal.org/amateur-radio-emergency-service--ares-.html>

#### **“CEAP” Coastside Emergency Action Program:**

<https://www.visithalfmoonbay.org/biz/coastside-emergency-action-program>.

#### **“CEC” Coastside Emergency Corps:**

[www.cecportal.org](http://www.cecportal.org)

#### **“CERPP” Citizens Emergency Response**

**Preparedness Program:** <http://www.cerpp.org/>

#### **“CERT” Community Emergency Response Team:**

<https://www.ready.gov/community-emergency-response-team>

#### **City of Half Moon Bay “HMB” Emergency Preparation.**

<https://www.half-moon-bay.ca.us/217/Emergency-Preparedness>

#### **Coastside Fire Protection District, HMB**

**& El Granada:** [www.coastsidefire.org](http://www.coastsidefire.org).

**CoastsideBUZZ:** [www.coastsidebuzz.com](http://www.coastsidebuzz.com)

#### **CPR, AED, F/A & AHA Training:**

<https://www.heart.org/en/cpr>

#### **CPR, AED, F/A & ARC Training:**

<https://www.redcross.org/take-a-class>

#### **“DART” Disaster Airlift Response Team:**

<https://calpilots.org/dart/>

**FEMA:** [www.fema.gov](http://www.fema.gov)

#### **“LAEG” Large Animal Evacuation Group:**

[www.smclaeq.org](http://www.smclaeq.org)

**La Honda Fire Brigade:** <https://www.lahondafire.org/>

#### **PG&E Pacific Gas and Electric Company:**

[www.pge.com/safety](http://www.pge.com/safety)

#### **“PHS” Peninsula Human Society:**

<https://phs-sPCA.org/wp-content/uploads/2017/09/TLARflyer2017.pdf>

#### **San Mateo County Office of Emergency Services:**

<https://hsd.smcsheriff.com/divisions/homeland-security-division/area-office-emergency-services/prepared>

**SMC Alert:** <https://hsd.smcsheriff.com/smcalert>

**South Skyline Emergency:** <https://www.ssepo.org/>

#### **Ready. Plan Ahead for Disasters:**

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

**Red Cross:** <https://www.redcross.org/>

#### **Weather Watches Warnings and Advisories:**

[https://www.wrh.noaa.gov/mtr/fastpage/www\\_bc.php?wfo=mtr](https://www.wrh.noaa.gov/mtr/fastpage/www_bc.php?wfo=mtr)

## CEC SCHEDULE OF EVENTS SPRING & SUMMER 2019

<p><b>MAY</b></p> <p><b>3</b> CEAP at CEOC 9:00 AM – 11:00 AM</p> <p><b>4</b> Coastside Emergency Preparedness Day HMB Downtown 12:00 – 4:00 PM</p> <p><b>8</b> SMCLAEG Meeting Half Moon Bay Fire 6:30 PM – 8:00 PM</p> <p><b>15</b> CEC Board Meeting LTBD 6:00 PM – 8:00 PM</p> <p><b>18</b> SC4ARC General Meeting at La Honda Fire 10 AM–12 PM</p> <p><b>25</b> CERT Training Kings Mountain 8:00 AM – 4:30 PM</p>	<p><b>JUNE</b></p> <p><b>4</b> CERT Training Kings Mountain 8:00 AM – 5:00 PM</p> <p><b>7</b> CEAP at CEOC 9:00 AM – 11:00 AM</p> <p><b>19</b> CEC Board Meeting LTBD 6:00 PM – 8:00 PM.</p> <p><b>21</b> ARRL Field Day Branches 3 &amp; 4 Setup LTBA All Day</p> <p><b>22</b> ARRL Field Day Branches 3 &amp; 4 LTBA All Day</p> <p><b>23</b> ARRL Field Day Branches 3 &amp; 4 LTBA All Day</p>
<p><b>JULY</b></p> <p><b>5</b> CEAP at CEOC 9:00 AM – 11:00 AM</p> <p><b>10</b> SMCLAEG Meeting Half Moon Bay Fire 6:30 PM – 8:00 PM</p> <p><b>17</b> CEC Board Meeting LTBD 6:00 PM – 8:00 PM</p> <p><b>20</b> SC4ARC General Meeting. La Honda Fire 10:00 AM–12 PM</p> <p><b>22</b> CEC General Meeting LTBD 6:00 PM – 8:00 PM</p>	<p><b>AUG</b></p> <p><b>2</b> CEAP at CEOC 9:00 AM – 11:00 AM</p> <p><b>6</b> National Night Out 5:00 PM – 9:00 PM</p> <p><b>14</b> SMCLAEG Meeting Half Moon Bay Fire 6:30 PM – 8:00 PM</p> <p><b>17</b> SC4ARC General Meeting. La Honda Fire 10:00 AM–12 PM</p> <p><b>21</b> CEC Board Meeting Location TBD 6:00 PM – 8:00 PM</p>

## EMERGENCY PREPAREDNESS ACRONYMS

AHA	American Heart Association
ARC	American Red Cross
ARES	Amateur Radio Emergency Services
ARRL	Amateur Radio Relay League
CEAP	Coastside Emergency Action Planning
CEC	Coastside Emergency Corps
CEOC	Coastside Emergency Operations Center
CERPP	Citizens Emergency and Response Preparedness Program
CERT	Community Emergency Response Teams
CPR AED F/A	Cardiopulmonary Resuscitation, Automated External Defibrillator, First Aid
DART	Disaster Airlift Response Team
EMT	Emergency Medical Technician
FEMA	Federal Emergency Management Agency
ICS	Incident Command System
LAEG	San Mateo County Large Animal Evacuation Group.
LTBD	Location to be Determined
NERT	Neighborhood Emergency Response Team
NIMS	National Incident Management System
OES	Office of Emergency Services
PHS/SPCA	Peninsula Humane Society / Society for the Prevention of Cruelty of Animals
SC4ARC	South Coastal Citizens Corps Council Amateur Radio Club
SF72	San Francisco Area Emergency Preparedness for 72 Hours Before Help Arrives
SMC Alert	SMC Alert
SMCLAEG	San Mateo County Large Animal Evacuation Group
TAC	Tactical Assistance Center