



# CEC Newsletter

Connections • Communication • Protocols •

Fall 2019



## Coastside CERT (Br 1 & 2) Receives CERT/LISTOS Capacity Building Grant

By Cynthia Sherrill

On May 2, 2019, after twenty years as a catch-and-release program, the Coastside CERT community formally requested sponsorship and the Coastside Fire Protection District Board of Directors responded with a resounding, unanimous, "Yes!" Sponsorship allowed Coastside CERT to apply for an Office of the Governor-sponsored "California for All" \$60,000 CERT/LISTOS Capacity Building Grant one week later, which was awarded at the end of May. The grant period is July 1, 2019-December 31, 2020.

The grant is being used to expand CERT and LISTOS emergency preparedness training available at no cost to residents of the 32+ Coastside neighborhoods from Devil's Slide to Tunitas Creek. Prior to the grant, Cal Fire provided resources for local CERT training of up to 60 persons per year. With funding from the grant, Coastside CERT Program Manager Battalion Chief David Cosgrave and Capt. Joe Santos (LISTOS) are leading instruction teams providing free emergency preparedness training to 420+ Coastsiders in English and Spanish by December 2020.

The CERT basic training program is a 20-24 hour emergency preparedness curriculum that teaches people how to help themselves, their families, and come to the aid of others in man-made or natural emergencies. Training topics include personal and

family emergency preparedness and disaster response, fire safety, light search & rescue, triage and first aid, neighbors helping neighbors, and coordinating with first responders in an emergency, along with CERT skills refresher exercises, advanced CERT courses, and presentations on current topics like earthquake safety, hardening homes against wildfires, and prolonged utility outages.

Coastside CERTs take their skills back to their own neighborhoods, organizing grassroots efforts to prepare their own homes and families and gather neighbors to meet and create a plan to help one another in emergencies *before* disasters strike with the overall goal of developing resilient communities.

In the LISTOS program, personal and family emergency/disaster preparedness is taught conversationally in a culturally and linguistically appropriate 8-hour course delivered in four 2-hour increments in Spanish and English. This less formal, family-centered curriculum is offered in familiar settings close to home - community centers, churches, and schools – by trusted instructors.

Currently, the Coastside CERT Roster has 544 local residents in 32 neighborhoods, 163 CERTS, 62 licensed Ham radio operators, 306 people waiting for CERT training and 82 requesting Ham training.

To learn more about the Coastside CERT/LISTOS program, go to [www.coastsidecert.com](http://www.coastsidecert.com). To sign up for free classes, and connect with your own neighborhood network, contact the program directors at: [coastsidecert@gmail.com](mailto:coastsidecert@gmail.com).

## LISTOS, Emergency & Disaster Training for the Hispanic/Latino Community

Of the forty-percent of Californians speaking a language at home other than English, two thirds speak Spanish. Hispanic/Latinos represent a third of the state's population. Because education in emergency preparedness and disaster training is

usually given in English, the coastside Hispanic/Latino community often feels disenfranchised.

LISTOS is grassroots organization that targets the Hispanic /Latino community to become educated about and practice skills that would be needed in an emergency or disaster. The culturally sensitive conversational classes are held in Spanish and target the family.

Joe Santos, Fire Captain Coastside Battalion at the HMB Fire Station #40, has been through the extensive instructor training and says that the local LISTOS classes will begin this Fall in Pescadero. The initial classes will be held in Half Moon Bay: Moon Ridge Complex, Our Lady of Pillar Ridge Church, The Pillar Ridge Community and Clipper Ridge. LISTOS will also be given in English and Portuguese later next year.

LISTOS California Website is: <https://listos.awareandprepare.us/aap/>

### Puente de la Costa Sur

Puente (Puente de la Costa Sur), founded in 1998, is a community resource center that provides the south coastal rural Spanish speaking communities of Pescadero, La Honda, Loma Mar and San Gregorio with many much-appreciated family, educational, health and social services. Over 30 students have been trained in CPR annually. Puente will be the outreach for participants in the regional LISTOS program soon to come.

Rita Mancera, a director of the CEC board with ties to the Hispanic/Latino Community, is Executive Director of Puente in Pescadero. For more information call Puente @ 650-879-1691.



### October DART Exercise Volunteers Needed

By Marian Harris

In response to a disaster which cuts off the Coast, the HMB Airport Pilots Association Disaster Airlift Response Team (DART), provides volunteer disaster airlift services to aid the movement of food, supplies, emergency staff and displaced medically affected

community members. Working together with community agencies and relief organizations the DART team provides a structured approach for general aviation pilots to help the Coast overcome the challenges of being cut off due to earthquake, storms, floods or other disasters.

On October 26<sup>th</sup>, from 8AM – 3PM, we will have a multi-county/airport Earthquake Disaster Response Exercise simulating a significant earthquake in which ground transportation has been damaged thereby affecting multiple areas in the Bay Area.

Currently, partnering groups include:

- San Mateo and other Counties' OES's
- SMC Airport Management
- Red Cross
- Coastside Hope
- Second Harvest of Silicon Valley
- Peninsula Humane Society
- Flights from / to Airports of: Half Moon Bay, Lincoln, NAPA, Reid Hillview, San Carlos, San Martin, Santa Rosa, Watsonville
- Citizen volunteers are needed to participate in our DART Exercise from 10AM – 3PM, to role-play and help out in scenarios where aviation provides a supporting role.

For more information, to participate to role-play, email Marian at [membership@hmbpilots.com](mailto:membership@hmbpilots.com)



### Dogs and Cats Need Sheltering too! Peninsula Humane Society (PHS)

What happens to dogs and cats during a catastrophic event like fire, flood or earthquake when their owners have to evacuate homes? The recent devastating fires in Northern California have raised awareness of the need not only to prepare oneself but also one's pets for such a disaster. According to Juli Barr, member of the Coastside PHS, though shelters may be available for people who have lost their homes or have been displaced, pets are not allowed to stay in shelters with their owners. Pet shelters, adjacent to people shelters are a good solution, yet few exist on the coast. Volunteers are needed for pet sheltering.

Brian Probst, in charge of PHS Volunteer groups will give a PHS group orientation for new volunteers on

Thursday, September 26, 6:30PM-8PM, at the Lantos Center, 3<sup>rd</sup> Floor Conference Room, 1450 Rollins Road, Burlingame 94010. To learn more about volunteering to help protect your and other pets in a disaster, contact Peter Probst at [BPProbst@PHS-SPCA.org](mailto:BPProbst@PHS-SPCA.org).

**CEC 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

**2019 CEC Board of Directors**

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

**Equine First Aid Group Training & Workshop**

By Kris Thoren



SMCLAEG First Aid Training on Horses

On August 14, at Ember Ridge Equestrian Center and San Mateo County Large Animal Evacuation Group (SMCLAEG) held an Equine First Aid Training and Workshop led by member, Christine Smith, RVT. Participants practiced taking vital signs and reviewed equine first aid and assessment. The three-hour event was well attended by more than 20 participants.

The SMCLAEG holds 3-4 trainings each year including practicing standard operating procedures, team building exercises and trailer certification. General meetings are held the 2<sup>nd</sup> Wednesday of each month at the HMB Firehouse at 6:30PM. For more information go to their Website: [www.smclaeg.org](http://www.smclaeg.org).

**CEC SCHEDULE OF EVENTS FALL 2019**

SEPTEMBER	OCTOBER
<p><b>6</b> CEAP Meeting (1<sup>st</sup> Friday of the Month) 9AM-11AM  <b>7</b> Emergency Drill for everyone Menlo Park &amp; Atherton  <b>11</b> SMCLAEG Meeting 6:30PM at HMB Fire  <b>14</b> CERT Skills Refresher Rodeo &amp; BBQ 8:15AM-2PM  <b>18</b> HMB Review on Coastside Emergency Resources  <b>18</b> CEC Board Meeting 6PM (3<sup>rd</sup> Wed of the Month)  <b>18</b> ARES at CEOC 7:00PM  <b>18</b> Disaster Council Public Meeting Redwood City  <b>21</b> HAM Cram CEOC 8:00AM-5:00PM  <b>21</b> Disaster Preparedness Day CEOC  <b>24</b> Loma Mar Emergency Preparedness Meetup  <b>26</b> PHS Volunteer training 6:30PM-8PM Lantos Center</p>	<p><b>4</b> CEAP Meeting (1<sup>st</sup> Friday of the Month) 9AM-11AM  <b>9</b> SMCLAEG Meeting 6:30PM at HMB Fire  <b>16</b> CEC Board Meeting 6PM (3<sup>rd</sup> Wed of the Month)  <b>16</b> Red Cross Shelter Ops with Puente 1:30-5:30PM  <b>16</b> ARES at CEOC 7:00P  <b>17</b> Shakeup – 30<sup>th</sup> Anniversary of '89 SF Earthquake  <b>19</b> Fire Simulation CERT Br 3&amp;4, ARES LAEG  <b>19</b>. Pumpkin Festival HMB  <b>20</b> Pumpkin Festival HMB ARES helps in ½ Marathon  <b>21</b> Emergency Preparedness Day  <b>22</b> CERT Training 6PM-9PM All trainees Day 1  <b>26</b> DART Event at HMB Airport + ARES 10AM-1PM  <b>26</b> CERT Training 8AM-5PM Track1 Day2, Volunteers  <b>27</b> CERT Training 8AM-5PM Track2 Day2, Volunteers  <b>28</b> CEC General Meeting (4<sup>th</sup> Monday every 3 months)  <b>30</b> Neighborhood Meetings</p>
NOVEMBER	DECEMBER
<p><b>1</b> CEAP Meeting (1<sup>st</sup> Friday of the Month) 9AM-11AM  <b>2</b> CERT Training 8AM-5PM Track 1 Day 3, Volunteers  <b>3</b> CERT Training 8AM-5PM Track 2 Day 3, Volunteers  <b>13</b> SMCLAEG Meeting 6:30PM at HMB Fire  <b>20</b> CEC Board Meeting (3<sup>rd</sup> Wed of the Month) 6PM  <b>20</b> ARES at CEOC 7:00PM  <b>21</b> Statewide Flood Exercise</p>	<p><b>6</b> CEAP (1<sup>st</sup> Friday of the Month) 9AM-11AM  <b>11</b> No SMCLAEG Meeting  <b>18</b> No CEC Board Meeting  <b>18</b> No ARES Meeting</p>

**EMERGENCY PREPAREDNESS ACRONYMS** (Keep Handy for Meetings and Committees)

<b>AHA</b>	American Heart Association	<b>LAEG</b>	San Mateo County Large Animal Evacuation Group
<b>ARC</b>	American Red Cross	<b>LTBD</b>	Location to be Determined
<b>ARES</b>	Amateur Radio Emergency Services	<b>LISTOS</b>	Spanish term for "Ready." Disaster Preparedness Program in Spanish for Hispanic Families
<b>ARRL</b>	Amateur Radio Relay League	<b>LIC</b>	Local Incident Commander
<b>AWL</b>	Acknowledgement Waver & Release (Hold Harmless)	<b>LSC</b>	Logistics Section Chief
<b>BBQ</b>	Barbeque (Ha; bet you knew that already)	<b>MAC</b>	Multi-Agency Coordination
<b>CEAP</b>	Coastside Emergency Action Program	<b>NERT</b>	Neighborhood Emergency Response Team
<b>CEC</b>	Coastside Emergency Corps	<b>NGO</b>	Non-governmental organization
<b>CEOC</b>	Coastside Emergency Operations Center	<b>NIMS</b>	National Incident Management System
<b>CERPP</b>	Citizens Emergency and Response Preparedness Program	<b>OES</b>	Office of Emergency Services
<b>CERT</b>	Community Emergency Response Teams	<b>OSC</b>	Operations Section Chief
<b>COPE</b>	Cañada Cove Organized Plan for Emergencies	<b>PHS/SPCA</b>	Peninsula Humane Society / Society for the Prevention of Cruelty to Animals
<b>ERC</b>	Emergency Response Coordinator	<b>PIO</b>	Public Information Officer
<b>CPR AED F/A</b>	Cardiopulmonary Resuscitation, Automated External Defibrillator, First Aid	<b>PPE</b>	Personal Protective Equipment
<b>DART</b>	Disaster Airlift Response Team	<b>PSC</b>	Planning Section Chief
<b>DB</b>	Data Base	<b>RC</b>	Red Cross
<b>DOC</b>	Department Operations Center (for smaller region)	<b>QR Code</b>	Quick Response Code (like a BAR Code) that is two-dimensional (used for identification of CERTS)
<b>DSW</b>	Disaster Service Worker	<b>RVT</b>	Registered Veterinarian Technician
<b>EMT</b>	Emergency Medical Technician	<b>SAM</b>	Sewer Authority of Mid-Coastside California
<b>EOC</b>	Emergency Operations Center	<b>SET</b>	Simulated Emergency Test
<b>EOCIC</b>	Emergency Operations Center Incident Commander	<b>SC4ARC</b>	South Coastal Citizens Corps Council Amateur Radio Club
<b>EPA</b>	Environmental Protection Agency	<b>SF72</b>	San Francisco Area Emergency Preparedness for 72 Hours until Help Arrives
<b>FAS</b>	Finance & Administration Section	<b>Sit-Rep</b>	Situation Report
<b>FEMA</b>	Federal Emergency Management Agency	<b>SM</b>	San Mateo
<b>FRS</b>	Family Radio System (two-way radios or walkie talkies)	<b>SMC</b>	San Mateo County
<b>HMBARC</b>	Half Moon Bay Amateur Radio Club	<b>SMC Alert</b>	San Mateo County Alert
<b>HOA</b>	Homeowners Association	<b>SMCLAEG</b>	San Mateo County Large Animal Evacuation Group
<b>IAP</b>	Incident Action Plan	<b>TAC</b>	Tactical Assistance Center
<b>IC</b>	Incident Commander	<b>TBD</b>	To Be Determined or To Be Discussed
<b>ICS</b>	Incident Command System, Incident Command Structure	<b>TRA</b>	Temporary Refuge Area
<b>ISC</b>	Intelligence Section Chief	<b>VOAD</b>	Volunteer Organization Assisting in a Disaster
<b>IMT</b>	Incident Management Team	<b>WED</b>	Write Everything Down (good to know in an incident). Or, "Wednesday;" no kidding
<b>JIS</b>	Joint Information System		