



Coastside CERT Newsletter: Sept 2019

Upcoming CERT Class



CERT Basic Training: Fall Session

Instructor:
Chief David Cosgrave

Sign up now! The next course won't happen until next Spring.

CERT Basic Training consists of one weekday evening and two weekend days. Choose a Track:

	Saturdays - Track 1	Sundays -Track 2
Day 1	Tue 10/22, 6-9pm	
Day 2	Sat 10/26, 8am-5pm	Sun 10/27 8am-5pm
Day 3	Sat 11/2, 8am-5pm	Sun, 11/3, 8am-5pm

Location: Coastside Fire Station (1191 Main St).

See our [CERT training page](#) for course overview and IS-317 prerequisite. Please send your IS-317 certificate and preferred Track to coastsidecert@gmail.com to be confirmed for a seat.

Special note: There is a common misconception that you must be able-bodied to become a CERT. This is not true. There is no physical requirement and we welcome all interested parties to participate in the practical training to the extent that it is safe for them to do so. In the event of an emergency, we will need skillful people of all stripes to perform duties from logistics, operations, communications to more physical activities like canvassing neighborhoods.

Calendar of Events

Want to stay up to date with local events? Our [Coastside CERT Calendar](#) includes all local emergency preparedness events we know of plus highlights our Coastside CERT events and neighborhood meetings. Submit events to coastsidecert@gmail.com.

"Start where you stand."

- Chief Ari Delay about how to decide what to do after a disaster.

A Note from the Coordinators

Hello neighbors - Good news first, right? Well, 2019 seems to be our year and we have **great** news!

In May, we won the sponsorship of the Coastside Fire Protection District (CFPD) for our CERT program and on September 19th, with the support of CFPD, the Half Moon Bay City Council and other local leaders, [Coastside CERT gained approval from the San Mateo County Emergency Services Council for all of our requests around CERT activation.](#)

Not to be outdone, our local Half Moon Bay Amateur Radio Club (HMBARC) helped [dozens \(!\) of Coastsideers get their FCC Amateur \(ham\) licenses and gained approval for our emergency use of a repeater](#) on Montara Mountain that greatly increases our communications range.

Our program also saw two milestone training sessions in the last month. We held our first [Incident Command Structure \(ICS\) training](#) followed by a well-attended and hugely successful [CERT Refresher Course and Volunteer Appreciation BBQ](#), which was run as a simulated emergency drill with South Coast CERT (Branch 3) and South Skyline CERT (Branch 4) and included an ICS staffed with your neighbors and fellow Coastside CERT volunteers.

Our training efforts are not over for the year: We encourage the almost 350 people who have expressed an interest in CERT training to [sign up for our Fall CERT Basic training](#). Gain the knowledge you need now, rather than waiting until our Spring training.

As always, in parallel to our CERT training, we continue to support our Coastsides neighborhoods in their efforts to foster a resilient community by preparing and building relationships ahead of an emergency. [Read more about next steps for your neighborhood.](#)

If you're interested in more training opportunities, check out the [Red Cross Shelter Ops training](#) and other [Bay Area drills](#).

Last but definitely not least, be sure to take a look at [Chief Cosgrave's wildfire safety information](#) and [FEMA's Get Ready website for kids](#).

Thank you for your support and immense volunteer efforts towards these incredible achievements!

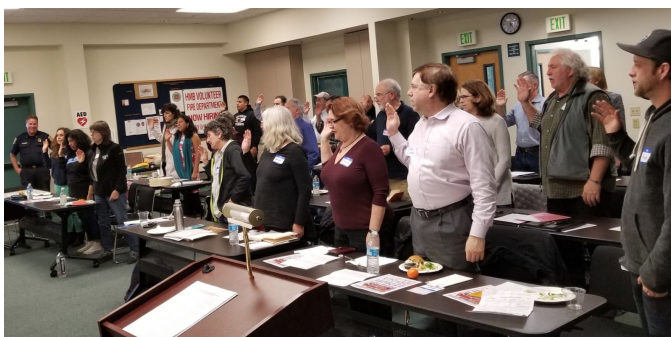
Cynthia Sherrill and Emily Kim
Coastsides CERT Coordinators

Coastsides CERT Basic Training: Fall CERT

Sign up **NOW** for CERT Training starting October 22nd

As a member of our Coastsides CERT community, you're already aware of how important it is to be prepared for an emergency. Proper training is part of that preparation and your best chance is to learn from our extraordinary Lead Instructor and local expert Fire Battalion Chief David Cosgrave and his team at the Coastsides Fire Station in HMB. His classes give everyone a chance for one-on-one attention with emphasis on hands-on aspects of training, including extinguishing fires, medical triage, disaster first aid, and light search & rescue.

With a genuine passion for teaching, Chief Cosgrave weaves his thirty years of Coastsides first responder experience in and out of FEMA's basic training



Swearing in: Spring 2019 CERT class

curriculum with threads of practical life-saving skills, relatable stories to boost your Coastsides survival IQ, and a wicked sense of humor. It is a powerful and informative a course in actionable local emergency preparedness knowledge...and it is free.

We have almost 350 of you in our database who've asked for CERT training and the time to sign up is NOW for Fall training; our next classes won't happen until the Spring.

There are only 50 seats available and it will take you less than 3 days of training to become a CERT. Choose a Track:

	Track 1 Saturdays	Track 2 Sundays
Day 1	Tue 10/22, 6-9pm	
Day 2	Sat 10/26, 8am-5pm	Sun 10/27 8am-5pm
Day 3	Sat 11/2, 8am-5pm	Sun, 11/3, 8am-5pm

See our [CERT training page](#) for course overview and IS-317 prerequisite (reduces classroom time by 4 hours). Please send your IS-317 certificate and preferred Track to coastsidescert@gmail.com to be confirmed for a seat.

Coastside CERT: Program Update

Local CERT Activation Approved

A huge **Thank You** to everyone from neighborhood leaders to State-level officials!

On September 19th, Coastside CERT received unanimous approval from the San Mateo County Emergency Services Council (ESC) to locally swear-in and activate Coastside CERTs. This new regulation is a milestone since the Coastside is subject to isolation in an emergency and timely local assessment and response to a disaster is essential. It allows CERTs to be useful in the critical first hours when helping neighbors, putting out small fires, bleeding control, and providing reliable information to first responders can prevent bigger problems and save lives.

This is the third key component Coastside CERT needed to become a fully functional emergency preparedness and response program:

1. **Sponsorship** - Granted by the Coastside Fire Protection District on May 2, 2019.
2. **Funding** - California for All CERT/Listos Capacity Building Grant awarded May 20, 2019.
3. **Local Activation** - Granted on September 19, 2019 by the San Mateo County ESC

Please note: CERT activation is entirely voluntary. No one has to activate unless they choose to. Coastside CERT emergency preparedness training and neighborhood networks are valuable in their own right whether or not one chooses to activate.



CFPD Director Steve Stockman, HMB Councilmember Deborah Penrose, CFPD Fire Battalion Chief David Cosgrave

Coastside CERT Rodeo and BBQ



On Saturday, September 14th, Coastside CERT hosted a very successful CERT ICS Skills Refresher Rodeo and Volunteer Appreciation BBQ with more than 108 CERTs from multiple regional CERT programs, CERTs-in-training, professional and volunteer firefighters, locally elected officials, and members of the press.

An unsponsored CERT program can only train individuals and send them off; it cannot gather them together after basic training to refresh and advance skills, practice team work with drills, train with first responders or continue the camaraderie begun during basic training. Fulfilling our promise to honor and welcome back our twenty years of prior CERTs, we held this event two weeks after a standing-room-only ICS class taught by Chief David Cosgrave and Chief Ari Delay.

Participants arrived at the Coastside Fire Station in Half Moon Bay for registration at 8:15am. Processing through check-in, they received IDs and an Incident Action Plan (IAP) packet, pausing before orientation screens running footage from the Loma Prieta Earthquake 30 years ago before proceeding to the incident briefing (earthquake).

Following the briefing, the assembled group broke into 4 teams and headed to one of four separate skills stations (Damage Assessment; Stop the Bleed; Fire/Utility Controls; Medical Triage) that operated concurrently.

The four teams rotated stations every 40 minutes. An earthquake simulator on a tractor-trailer gave participants an opportunity to experience the jolting, shaking and twisting live action of an actual earthquake.

The incident drill ended with a debriefing followed by a delicious CERT volunteer appreciation BBQ lunch for everyone in the fire station bays.

Thank you to the Coastsides Fire Protection District for hosting us, our community sponsors, all the professional and volunteer firefighters who supported our activities throughout the day, the Coastsides CERT volunteers who stepped up to the ICS stations and ran the show along with our neighboring South Coast CERT and South Skyline CERT leadership and participants, local elected officials, county representatives, and members of the press. You all worked together to make this a spectacular event.

We appreciate everyone for sticking with us through the (20!) catch-and-release years until this new day of community emergency preparedness dawned on the Coastsides.



Thank You to our Rodeo/BBQ Volunteer ICS Leadership Team!

Incident Commander - Michele Moon
Liaison Officer - Kathleen Campana
Safety Officer - Andra Anderson
Operations Section - Chief April Larsen
Operations Deputy Chiefs - Juli Barr, Cass Rhymes

Logistics Section Chief - William Van Peeters
Logistics Deputy Chiefs - Jenn Spurlock, Rinaldo Veseliza
Finance/Admin Section Chief - Emily Kim
Planning Section Chief - Cynthia Sherrill

Registration

Joyce Logan
Fran Accardi
Pat Black
Jenny Goshorn
Nancy Waite

BBQ Prep & Serving

Ellie Angelini
Joe Angelini
Fran Accardi
Jim Leising
Jenn Spurlock
Cynthia Sherrill
Lions Club Grill Master Chief Clayton Jolley

Half Moon Bay Volunteer Fire

Roger Pimentel
Chad Fairbrother
Damon George
Zack Perry

Event Photographer

Greg Edwards

Skills Station 1 - Damage Assessment

Instructor Robert "Bob" Smith, South Coast CERT Coordinator
Assistant Peggy Wargo, South Skyline CERT Coordinator
Assistant Rick Green
Assistant Chief Ari Delay

Skills Station 2 - Victim Triage

Instructor Michelle Dragony
Assistant Dennis Paull
Assistant Mary Stadler
Assistant Debbie Green
Assistant Forrest Wunderlich

Skills Station 3 - Stop The Bleed

Instructor Jayme Ng
Assistant Pauline Burke
Assistant Paul Grigorieff
Assistant Paul Feldman
Assistant Allison Akana

Skills Station 4 - Utility Control/Fire Controls

Instructor Jim Williams
Assistant Michele Duke
Assistant Jim Leising
Assistant Emily Kim

Station - Ham Radio Programming

Organizer Emily Kim
Radio Programmer Lee Copeland
Radio Programmer Andy Calman
Radio Programmer Stan Judkins

Station - Earthquake Simulator Fire & Earthquake Preparedness Material

Operator Jumpstart Insurance
Assistant Donna Yoshida
Assistant Paul Yoshida

** Photos courtesy of Greg Edwards and Emily Kim









Coastside CERT: Program Update

Here are our most recent Coastside CERT stats (still awaiting some data from block parties and other events):

Fast Facts

722 people in our Neighborhood database
65 Neighborhood leads + 45 active support
168 CERTs
344 want CERT training
65 Hams + [almost 30 new hams!](#)
96 want Ham training

Get the most recent numbers on our [Roster Summary](#).

California for All Grant Update

Our California for All CERT/Listos Grant has funded 100 'slots' of medical liability **insurance for volunteers** engaged in CERT/Listos outreach activities. Coastside CERT will keep an evolving roster of current active volunteers who are involved with emergency preparedness activities in their neighborhoods and local and regional events. More information about this insurance coverage will be available shortly on the Coastside CERT website. This volunteer outreach insurance is entirely separate from the DSW insurance covering sworn-in CERTs during authorized training, exercises and activation.

Hooray! Our grant-funded CERT Personal Protection Equipment (**PPE**) **is ordered and finally on its way!** Summer CERTs and Fall CERTS will receive new backpack go kits with California for All safety vests and hard hats. Active current CERTs will be issued new vests with appropriate California for All graphics (and radio pockets!). Existing helmets will receive updated ID graphics (stickers) and lost/damaged helmets will be replaced. Chief Cosgrave will direct distribution of this much-anticipated, grant-provided PPE once it arrives in the next few weeks. Thank you for your patience!

Listos Program Update

Our first Listos engagements are about to begin! Coastside CERT/Listos will host outreach tables:

- Sunday, September 29 at **Our Lady of the Pillar Catholic Church** Fall Festival of the Eucharist Noon - 3pm
- Saturday, October 5 at **Pillar Ridge Community Fair**, 10:30am - 1:00pm

Neighborhood Progress Update

Coastside CERT members are now [organized into 32 neighborhoods](#) from Devil's Slide to Tunitas Creek Road. We are thrilled to report that over half of them have leadership teams that are actively working on organizing their neighborhoods, pursuing their neighborhood priorities and coordinating with us to implement a community-wide plan.

We encourage you to [take a look at our neighborhood list](#) and connect with your lead or volunteer to be a lead. It's not as scary as it sounds! We just ask that you help us organize meetings in your neighborhood; we support you every step of the way. Not sure? Come meet other leads at our next Neighborhood Leadership Meeting.

Upcoming Neighborhood Leadership Meeting

When: Tues, October 8th, 7 - 8:30pm
Where: Coastside Fire Station (1191 Main St)
RSVP: coastsidecert@gmail.com

Neighborhoods with leads are largely moving forward on their own with plans for upcoming meetings and activities.

For neighborhoods without leads, we will be organizing multi-neighborhood meetings in the second half of October, similar to those that we ran in June. Stay tuned for more information about those meetings.

Questions? Contact us at coastsidecert@gmail.com.

News from Local Coastside Emergency Organizations

Coastside Ham Community Grows and Makes Significant Improvements

In order to create a viable emergency-ready Coastside radio communications network, we need 50-60 active hams. This means one or two in each neighborhood, plus more to staff locations like the Emergency Operations Center, local fire stations and the KHMB radio station. Currently we have about 60 hams, but not all are active and most are not trained to coordinate in an emergency. This is changing.

On Saturday, September 21st, The Half Moon Bay Amateur Radio Club (HMBARC) hosted a Ham Cram in Half Moon Bay that saw about 30 (yes, you read that right, 30!) new Coastside residents get their FCC license! Moreover, they will be holding a special radio practical in HMB to help these new hams get setup and connected to the local frequencies.

Upcoming Ham Newbie Practical

When: Sat, Oct 5th, 10am - 1pm

Where: Emergency Operations Center (EOC), 537 Kelly Ave, Half Moon Bay, CA 94019

RSVP: Lee Copeland <copelan9@gmail.com>

The new hams don't have their call signs yet so we'll ooh and ahh over them in our next newsletter.

If that wasn't enough progress for one month, they have also identified and received approval to use a local repeater on top of Montara Mountain that should be able to reach most of our Coastside CERT neighborhoods. This is the CARLA 32 repeater that is part of the [state-wide CARLA network](#).

The CARLA 32 repeater (440.725 MHz, positive offset and tone of 114.8 Hz) will be our go-to repeater and will be used by our local emergency NET on Wednesday evenings at 8pm.

Hams: Stay tuned for radio training opportunities!

Red Cross Shelter Ops

The American Red Cross is offering disaster recovery classes available to CERT members on the Coastside. One class – the Partner Shelter Operations & Simulation Workshop – is designed to provide participants the opportunity to learn and apply the knowledge, skills and abilities required to operate a successful disaster relief shelter or evacuation center. Each participant will receive a course syllabus, “A Toolkit Manual to Sheltering,” that s/he can retain for future use in the event the participant is called upon to serve as a disaster shelter worker.

The first session of this four-hour shelter workshop will be held from 1:30 pm to 5:30 pm, October 16, at the Puente facility at 620 North St. in Pescadero.

As a result of this workshop, participants will be able to:

- Demonstrate shelter opening and operating procedures
- Identify and use available resources to assist shelter workers
- Work as a team to provide quality shelter services to clients
- Address common shelter problems effectively

Anyone interested in attending should contact Lisa Mateja at LMateja@mypuente.org. Additional workshops will be scheduled periodically on the Coastside over the next 12 months.

Stay in the Loop on Local Emergency Organizations

Coastside CERT is one of six organizations that make up the local volunteer emergency network that is coordinated by the [Coastside Emergency Corps \(CEC\)](#). Check out the [CEC Fall newsletter](#) for an update on all these organizations and for a great summary of acronyms on the last page.

Important Safety Information

Preparing for and Surviving Wildfires

As you might imagine, our local wildfire risk is top of mind for Chief Cosgrave and he wants to make sure that you understand the basic strategies for survival. The bottom line: (1) Reduce the fire risk around your home, (2) plan supplies and routes for early evacuation and (3) be aware of fire conditions.

Please see this [Hardening your Home and Early Evacuation](#) flyer that he has created for you.

Remember: During Fire Weather do not mute or turn off your cell phone or other alerting systems at night when you sleep.

Keep your eyes peeled for more information and local events around this important topic.

Get Ready with Kids

FEMA's theme for Week 3 of National Preparedness Month (September 15-21) is "Teach Youth to Prepare for Disasters." FEMA's Ready Campaign recently launched a newly updated Ready Kids web page: www.Ready.gov/kids. Site visitors can find games, activities, tools to prepare, disaster information, and curricula for kids and teens of all ages, their families, and those who work with youth.

Additional Bay Area Training Opportunities

SFO Training Drill on Wed Oct 2nd

San Francisco International Airport (SFO) Emergency Management will [conduct an emergency full-scale training exercise](#) on Wednesday, October 2, 2019, from 9:00am to 12:00pm.

SFO Airport employees, airlines, their business partners, tenants, A-CERT/NERT volunteers and members of the community at large are invited to participate.

All volunteers must be 18 years or older and will be required to sign a hold harmless form (ages 16-18 may participate with parent/guardian consent).

Abilities Expo in San Mateo

For those of you not involved with our [Fall CERT Basic Training](#) or the DART+ ARES multi-agency drill at HMB Airport, the [Earthquake Country Alliance](#) is looking for volunteers to help in their [Abilities Expo booth](#) at the San Mateo Event Center. Dates:

Fri, Oct 25, 11am - 5pm (10am setup)
Sat, Oct 26, 11am - 5pm
Sun, Oct 27, 11am - 4pm (stay for breakdown)

They need help engaging with attendees and handing out earthquake preparedness materials. "People who volunteer should be comfortable talking to people, engaging with the community, being social... it's really just a great opportunity to chat with people about how important it is to work as a community to help everyone get prepared in the event of an earthquake."

Please respond by Oct 14 to Sharon Sandow de Groot at sandow@usc.edu or 213.740.4593.

