Virus Prevention Steps
By William “Bicycle Bill” Richardson

The news is full of controversy about coping with COVID-19 and the danger it represents. It is real. It can be deadly. You can take practical steps to reduce your risk. Wearing your mask in public, washing your hands and staying home have been cited to us from the beginning, but what about bringing items into your house? Groceries, mail and Amazon™ deliveries are all handled by numerous people before they reach your door.

At our house, we place mail directly into a plastic Home Depot™ bag until the next day, long enough for the virus to expire. We open each package on the porch and take the contents inside. After handling packages, we wash our hands.

As for the groceries, medical professionals recommend we use two small tables on our patio as a decontamination station. We bring the grocery boxes and bags from the car and put them all on Table #1. Each packaged item gets handed to my wife who wipes it down with a Lysol™ wipe and puts it on Table #2.

Packaged meat gets the same treatment. We do not wipe-down produce, but remains in the bags overnight. Frozen foods go straight to the freezer where cold and time eliminate any virus. This may seem extreme, but with both of us past Medicare age and Susan having a chronic respiratory issue, we feel it is worth the effort. We both want to keep Stayin’ Alive.
Class of 2020 and the Pandemic: A Parent’s Perspective

By Doug Redding, OPD CERT #99 - Photographer

As the parent of a high school senior, I’m heartbroken for the graduating class of 2020.

Thirteen years ago, our high school seniors checked in to their kindergarten classes and started a journey of education, hard work, relationships and sacrifice all to culminate one day in June…in the year 2020. Throughout their years the graduating class would be reminded of 2020 because of the reference to 20-20 vision. Memes and signs stating “Class of 2020 – a clear vision for the future”, etc. were in abundance.

Different than other graduating classes, this class was intimately aware of their graduation year from the very beginning; it was always top of mind. Finally, our students earned their time as seniors in high school and the older, mature leaders on campus. The year 2020 had arrived and all the activities and perks our graduating class had earned, heard about from parents, teachers and peers were upon them.

Then, rather unceremoniously, it all ended. Events like senior breakfast and ditch day, senior prom, graduating class parties and gatherings, senior awards…all taken away. Worse, these memories were not rescheduled or cancelled by plan or choice, but rather in an odd, slow and painfully unclear chain of events because of the COVID-19 pandemic of 2020.

Our graduating students left campus one normal, uneventful day without saying goodbye to teachers, coaches, staff and friends and never returned. Instead of going to class, they would attend virtual classroom learning via ZOOM video conferences with 50% or less of their classmates.

At first it was fun and exciting to be out of school and most saw the pandemic as an extended holiday; however, when the announcement came ending the school year. The shock and disappointment was prevalent.

The pandemic kept our kids separated and apart. Most respected the social distancing guidelines so any hope of private gatherings amongst groups of seniors were stifled. There were many comments like, “Wow, I never had a chance to say goodbye to my counselor or teacher.” Our seniors had to accept they would not graduate in a grand ceremony like they’ve anticipated for so many years.

Instead there would be a video conference coupled with a “possible” drive up, drive through diploma handoff in the school parking lot. Some will finish their education with a high school diploma, while others continue to college or trade school, but all of them, since they were very young, looked forward to a day in June 2020 to earn their diploma in front of their family, friends and peers. Unfortunately, that day isn’t coming for the class of 2020.

Moving forward and as the school year ends our class of 2020 has taken the challenge head-on and proven how our youth and future leaders are able to adapt to this ever-changing and dynamic landscape. Tomorrow may not be the “clear vision” we hoped for, but the future is still bright and filled with opportunity.

Here’s to our class of 2020, wishing you all the best in health and success!

Taking it all in stride!
2020 Spring Training Halted Due Pandemic

Trainees remaining calm during evacuation drill

CERT Trainees take the DSWV Loyalty Oath

Electric breaker training box

Police Chief Kisela & Fire Chief Boyd

CERT trainee - Former OPD Sgt. Gray

Practicing evacuation drills

CERT Instructor Jim Spriggs

Trainee getting clarification

CERT Instructor Brad Beyer

CERT member Diane Hovanec giving trainee a participation prize!

Welcome from Sgt. Ramirez

Lost contact or drop, cover and hold on?

Ready CERT members volunteering to assist new trainees

CERT Instructor Gabby Cartwright

NoOOOO! Not THAT door!

“Think Outside the Bag” Exercise

½ CERT course to be continued...
Like most CERT members, my interest volunteering with the city of Orange’s CERT program was to become a more informed, valuable and capable citizen in the unfortunate chance our communities’ first responders are needed. CERT members understand we must never self-deploy; however, we carry valuable skills acquired during our initial and follow-on training programs. CERT members understand our training goes well beyond basic first aid. We learn mindset, situational awareness and understand the proper steps to do the greatest good for the greatest number in the shortest amount of time…our ethos.

While mountain bike riding in Santiago Oaks park last June, I turned to descend a very steep and technical trail. Looking ahead, there was another rider approximately 30 yards ahead of me travelling approximately 20-25 mph. The wild mustard and other seasonal plants had grown enough to partially obstruct the delineation between trail and hazard. In a moment the rider veered just slightly off the trail, hit a rock and flipped over the handlebars in a violent crash. He went down hard. The rider came to rest. He was entangled with his bike and lying in a fetal position. It was immediately apparent he was in severe pain by his loud moans and groans. My first thoughts were, moaning and groaning is a “good” sign, he’s conscious, but was having a diaphragm spasm. I made contact and asked if he was okay and advised him not to move. I then pulled the bike away. Next, a quick assessment. Is he conscious? Yes. Breathing? Yes. Any obvious signs of spinal injury? No. After assessing, I let him know he was not alone, he would be okay and tried to make him as comfortable as possible. Once his normal breathing returned, I could determine if he was ambulatory or would need medical evacuation. He was still moaning and struggling to breathe. Noticing a fanny pack wrapped around his waist I decided to remove it to help his breathing, but made sure to communicate everything I was doing to establish trust in his moment of vulnerability.

Soon after, with encouragement to take slow, steady breaths, his breathing began to stabilize. This initial contact and assessment were urgent and important, but I forced myself to detach from the emotion and pause, think, look around and assess our environment. Was there another rider about to crash into us? Was there help nearby, etc. Wanting to determine if he was concussed, I asked if he knew his name, location, etc. His answers lead me to believe he was not concussed, and he didn’t appear to have any substantial physical injuries.

Thankfully his head soon cleared. I stayed with him for about 10 minutes, comforting and talking with him until he was able to pedal himself out of the park and ride another day. I’m grateful for the CERT training and confident the skills we all have were applied here.

The entire incident was captured on my helmet camera and can be viewed via this link: https://bit.ly/3frYhPU
Hosting a Zoom Dinner
By Hal Freedman, Guest Contributor

If you’re anything like me, the thing I miss most about the Covid-19 quarantine is dining with friends. For the past several years, I have had a group of friends over for food and friendship on a regular monthly basis. We call this group Bistro 909; 909 being my condominium number. We meet monthly and sample the cuisine of different countries. Each of the seven of us cook a different dish from that country. I usually make the main dish, others choose appetizers, starters, desserts or wines.

The quarantine made meeting in a single room impossible. But thanks to Zoom, the Bistro 909 continues. Yes, we found a way to have dinner over Zoom.

Becoming familiar with Zoom was the first thing we had to learn. Practice is important. Have an account so that you don’t run into time limitations. After all, dinner takes time. Make sure you are in Gallery view, not Speaker view. As an added effect, we downloaded a virtual background picture of the country we were visiting that month.

We also had to accommodate changes in the way we prepared food. Using Zoom, as opposed to all being in the same room, we don’t want to get up in the middle of dinner to prepare a dish. So, our menu changes. We had more appetizers and dishes that we could prepare beforehand. This way we all could sit and enjoy the food and conversation.

Other changes were also necessary to facilitate a satisfying dinner experience. We agreed on the menu beforehand, sent recipes out, and each of us prepared the same dish. This way we could discuss the merits of the food with a common reference. It was a good shared experience. Not quite as satisfying as meeting in person, but it sufficed.

Here are the rules for having dinner on Zoom.

1. Practice using Zoom beforehand. You don’t want to be troubleshooting and learning the Zoom app during dinner.
2. Practice screen sharing. This permits one user to share photos or written documents with everyone. It’s almost like being in person.
3. Although Zoom works on any mobile device, larger screens are better. My tablet works fine, but my laptop is better.
4. Open a paid account, $14.99 per month. This way you won’t run into timeout issues.
5. Agree on the same menu, and keep it simple. You don’t want to leave the dinner table to prepare food.
6. If you decide to order from a restaurant, I find it’s better to all order from the same restaurant. Again, dinner is a shared experience. Keep it as common as you can.
7. Don’t give up if you have some problems at first. It will get better each time you use it as you customize the dinner to your groups needs and expectations.
8. Enjoy food, fellowship and family.
According to FEMA, you can do your part to stop the spread of rumors by doing three easy things:

1. Find trusted sources of information.
2. Share information from trusted sources.
3. Discourage others from sharing information from unverified sources.

You can find many official sources at coronavirus.gov. To find trusted sources, look for information from official public health and safety authorities.

Whatever event, hazard or emergency you may be going through, your response matters. Ways to be resilient are possible.

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Run What You Brung
By William “Bicycle Bill” Richardson

OK, English majors, “brung” is not a word. But when I was a kid, our very active model airplane club would occasionally sponsor a surprise contest of some sort (stunt, combat, racing, etc.) where you used whatever you had with you that Sunday or “what you brung.” Life often presents you with unexpected opportunities, and challenges, where you have to use whatever you “brung” to get by.

I can point you to dozens of excellent lists of resources to have on hand in case of emergencies like earthquakes, wildfire, wind damage, etc. Some situations are like today’s COVID-19 or most earthquakes where sheltering at home is the order of the day. Others require you to get out of Dodge right now. Those require very different lists and very different planning. You can’t always carry two weeks of non-perishable food around in your Mustang.

**Stuck at home:** What if water, gas or electricity are cut off. Here’s where that two weeks of non-perishable food come in. Also, a battery or solar powered radio, a solar phone charger, plenty of spare batteries of all sizes, a manual can opener and a spare propane tank for your BBQ grill can make life tolerable. A 5-gallon of gasoline for your car or a portable generator is great too. **What about water?** Your water heater (TURN IT OFF) has 40+ gallons of perfectly drinkable H₂O and the water in your toilet tank is pure as can be. Use them. Petty cash set aside is always a good idea. Be creative to survive.

**On the road:** Some things are easy to plan for and simply copy the “at-home” list, however water becomes a very limited item. A larger cash fund stored in each car sounds like a stretch, but it can be a life saver. Cold weather gear, even a moving van pad, can serve multiple functions. Matches or a BIC™ lighter are a must. A gallon or two of water may be all that is practical, but resources on the road will probably be more plentiful. Basic tools – knife, axe, first-aid kit, your CERT backpack are all invaluable assets in the effort to stay alive. Today, a hand full of N95 masks and nitrile gloves should be a must. Plan now! Take action NOW! Stayin’ alive is a good idea.

**Home on Wheels:** If you’re fortunate to own a recreational vehicle (RV), there’s a perfect place to go to outlast almost any kind of emergency. If you need to shelter in place, its ready to take you in. If relocation is needed, you have everything you need to survive for days. Keep your two weeks of non-perishable food in there. If your RV has a fresh water tank, always keep it full, likewise for the fuel tank in a motorhome. Many RVs have a propane tank for cooking, heat and refrigerator (really!). Keep that full as well and don’t forget the latest scarce items, toilet paper and paper towels. Your emergency get-away could be what keeps you Stayin’ Alive.
Cyber Attacks by Erik Mendoza
CERT Instructor & Orange PD Crime Prevention Specialist / Terrorism Liaison Officer

Cyberterrorism is another type of terrorist weapon where a deliberate, large-scale disruption of computer networks is achieved. To guard against cyberterrorism, it is crucial computer users implement appropriate security measures. Cyber attacks encompass computer viruses erasing entire systems, hackers breaking into computer systems and altering files, hacking your computer or device to attack others, or hackers stealing confidential information. The spectrum of cyber risks is limitless. As threats, some more serious and sophisticated than others, can have wide-ranging effects for individuals, the community, an organization, and at a national level. Cybersecurity involves protecting, preventing, and detecting cyber incidents in your everyday digital life.

- Pay close attention to emails received from friends or family. Criminals can impersonate or take over email accounts. Can you spot the difference in these email addresses? 
  ceo@flashlight.com vs ceo@flash1ight.com
- Phishing is one of the most common cyber scams. Phishing is a fraudulent practice of sending emails pretending to be from a trusted or reputable company, to get you to reveal personal information, such as an account number, social security number, or password. If you receive an email from your bank or credit card company asking for personal information, DO NOT click on it. Log into the company’s web site directly to verify the legitimacy of the email.
- Keep your internet router firmware up-to-date! Old firmware in internet devices possess vulnerabilities hackers can use to comprise your home network.
- Devices with connectivity to the internet through Wi-Fi:
  - Routers, security cameras, game consoles, printers, smart televisions, refrigerators, stoves, washers, dryers, door locking mechanisms, etc.
- Rename your home Wi-Fi network with a unique name. Refrain from using a first name, last name, or the default name of the router.
- Use a passphrase instead of a password. Passphrases should be at least 12 characters in length, contain upper and lower case letters, numbers, and special characters even “spaces.”
  - At one billion guesses per second. An eight character password can be cracked in one day, a nine character password in four months, and a 12 character password in 138 thousand years.
- Refrain from using free public Wi-Fi. Most free public Wi-Fi have minimal to no security that can comprise your digital security by hackers.
- Protect your computer or laptop with anti-virus software. Update your anti-virus software when updates become available.
- Permanently delete “SENT” messages from your email. A substantial amount of personal information resides in your “SENT” folder. Think of the last time you emailed a copy of your driver’s license, paystub, or digitally signed a loan application.
- Encrypt USB flash drives with a passphrase. The passphrase encryption will protect the information on the flash drive if it is lost or stolen.
- Consider using a Virtual Private Network (VPN) when accessing the web. The VPN will encrypt the data being transmitted through the web, ensuring your privacy and internet security.
- Websites track your online activity through cookies and scripts. Consider using a privacy browser on your computer and mobile device that fights malware and prevents tracking, keeping your digital information safe and secure. Add extensions to your browser to increase your privacy and prevent websites from tracking your online activity.

Artwork from https://pixabay.com/images
NEW CERT MATERIAL
CERT Hazard Annex Participant Manual:
This manual is available online at
https://mail.google.com/mail/u/0?ui=2&ik=c7f00c7c59&attid=0.2&permmsgid=msg-f:1656455920020919151&th=16fcee9c43c78eae&view=att&disp=inline
and the new Participant Manual is available at
https://mail.google.com/mail/u/0?ui=2&ik=c7f00c7c59&attid=0.1&permmsgid=msg-f:1656455920020919151&th=16fcee9c43c78eae&view=att&disp=inline

Here are some of the highlights of the chapter on Earthquakes which is one of the Hazards which could occur in California.

EARTHQUAKES
An earthquake is the sudden, rapid shaking of the earth, caused by the breaking and shifting of subterranean rock as it releases strain that has accumulated over a long time...An earthquake may last for seconds or minutes, while aftershocks may occur hours, days, or months after the main earthquake.

Earthquake Impacts: Earthquakes threaten lives, property, and the environment.

Earthquake Facts: Earthquakes can trigger other hazards such as avalanches, fires, floods, landslides, and tsunamis. It is very important to listen for emergency instructions after the shaking stops. Many parts of the United States carry a significant risk of experiencing an earthquake including the western United States, particularly along the San Andreas Fault in California, the Cascadia Subduction Zone in western Oregon and Washington, and the Aleutian–Alaska Subduction Zone along the Alaskan coast.

FACT:
The magnitude of an earthquake is related to the length of the fault on which it occurs—the longer the fault, the larger the earthquake. The San Andreas Fault is only 800 miles long. To generate a 10.5 earthquake, a fault would have to be many times the length of the San Andreas Fault.

The San Francisco Earthquake of 1906 was a magnitude of 7.8.

Earthquake Preparedness:
- Know what to do during an earthquake.
- Practice how to Drop, Cover, and Hold On.
- Conduct earthquake drills with your family or coworkers.
- Develop a family communication plan.
- Keep supplies on hand, including food and water for at least three days. (see Disaster Supply Kit in CERT Basic Training Unit 1).
- Keep shoes and a flashlight under the bed
- Secure bookshelves, water heaters, and tall furniture to wall studs
- Store heavy and breakable objects on low shelves.
- Move beds away from windows. Move or secure hanging objects over beds, couches, and other places where people sit or lie.
- Have a licensed professional install flexible pipe to avoid gas or water leaks
- Ask questions about home repair and strengthening for exterior features.

During an Earthquake:
- Drop, cover, and hold on.
- Do NOT run outside. If indoors, it is safer to stay indoors until the shaking stops
- If outdoors and possible, find a spot away from buildings, trees, streetlights, overpasses and power lines.
- If in a vehicle, pull over at a clear location free of hazards and stop as quickly and safely as possible.
- If in bed, stay there and cover your head and neck with a pillow.

After an Earthquake:
- If you are trapped, do not move around or kick up dust.
- If you are in a damaged building and there is a safe way out through the debris, leave and go to an open space outside.
- Check yourself for injuries.
- Protect yourself from further danger by putting on long pants, a long-sleeved shirt, sturdy shoes or work boots, and work gloves.

After you have taken care of yourself, you should:
- Check others for injuries and offer aid if you have training
- Look for and extinguish small fires.
- Clean up spills.
- Inspect the home for damage.
- Tune to the Emergency Alert System (EAS).
- Expect aftershocks.
- Help neighbors who may require assistance.

HELP
To share a picture, article or helpful tip in our newsletter, email to Carolyn Elfelt, cjelfelt@gmail.com
### June Birthdays

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Did You Know... that the most important thing to do in preparing for earthquakes or any disaster is to take care of yourself and your family.

Unit 1 of the new CERT Participant Manual covers in detail how you should prepare. In fact, there is a section specifically on personal and organizational preparedness that emphasizes how you can prepare in advance to improve the quality of your survival and to reduce the damage from hazards.

Among other vital information are checklists to aid you in your preparations. Here are some examples:

### Disaster Supply Items:

#### Food Items
- Ready-to-eat canned meats, fruits, and vegetables
- Canned, juices, milk, soup (if powdered, store extra water)
- Sugar, salt, pepper
- High-energy foods (Peanut butter, jelly, crackers, granola bars, trail mix)
- Foods for infants, elderly persons, or persons on special diets
- Comfort and stress foods (Cookies, hard candy, sweetened cereals, lollipops, instant coffee, tea bags)

#### Personal Sanitation Items
- Toilet paper, towelettes*
- Feminine supplies*
- Household chlorine bleach
- Disinfectant
- Plastic garbage bags, ties
- Soap, liquid detergent*
- Personal hygiene items*
- Plastic bucket with tight lid
- Liquid hand sanitizer

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1 Image from [www.zpocawareness.wordpress.com](http://www.zpocawareness.wordpress.com) "Build a preparedness kit"