

# CERT NEWSLETTER



January 2019 *“Training And News For The Monterey COMMUNITY EMERGENCY RESPONSE TEAM”*. A citizen based, volunteer emergency response team!  
**CERT OPERATIONS & TRAINING ARE FUNDED BY THE CITY OF MONTEREY!**

***Prepare as if your life depends upon it, because it does!***

**CERT Radio Drill Monday, January 14<sup>th</sup> at 7 P.M.** Join the radio drill on CERT channel 3.

**New CERT Class Starts February 23<sup>rd</sup>.** This is our weekend series, taught over three consecutive Saturdays, February 23, March 2<sup>nd</sup> & March 9<sup>th</sup>. **Find one person to take CERT (Class is open to everyone and is free of charge. Under 16 must be accompanied by an adult)!** To enroll, e-mail: [training@montereycert.org](mailto:training@montereycert.org) **This class is free and open to everyone!**

**PG&E Safety Training, Feb 9<sup>th</sup> in The EOC.** PG&E Senior Public Safety Specialist and retired Monterey Fire Division Chief **Stewart Roth** is scheduled to provide safety training for the public. We encounter PG&E related issues regularly, particularly during storm conditions. It is vital we all are very well aware of the practices that will keep us all safe! **Time: Saturday, February 9<sup>th</sup>, 9 A.M.-12 noon. CERT is invited!**

**CERT Is About Community!** Your Monterey CERT supports teams in Monterey, Pacific Grove and Carmel. **Our trailer is available for mutual-aid in other areas.** We offer training to **all citizens**, regardless of residence location. This newsletter is received by CERT members both locally and across California as we network with teams in Monterey, Santa Cruz, Fresno and Sacramento Counties. Monterey County OES holds regular, two-way webcasts with CERT team leaders to promote Countywide cooperation. We openly reach out to other CERT programs. We strongly encourage CERT members from all venues to urge their program leaders to cooperate with other area programs. **CERT is about community and community transcends jurisdictional boundaries.** Make sure your team works with other CERT programs! **Cooperation benefits everyone!**



**Big Sur Fire Chief Martha Karstens Retires.** A resident of Big Sur for 45 years, Chief Karstens completed the first Emergency Medical Technician (EMT) class offered in Big Sur in 1979. She got her ambulance drivers license and started responding with the Red Cross Big Sur ambulance that same summer. Just this year Martha again renewed her EMT and CPR instructor recertification and has been an active **volunteer** in the EMS field for 42 years.

In 1979 Martha became a CPR instructor and began teaching classes to the ambulance crew, the resorts in Big Sur and the community. She became President of the American Red Cross Big Sur Ambulance and was in charge of it until the paid paramedic ambulance service came to Big Sur. In 1991, Martha joined the Big Sur Fire Brigade, which then only responded to fires. The Brigade expanded their mission to include medical and vehicle accident calls. Martha was voted into the Fire Brigade as a Medical Battalion Chief. In 1997 she took the Volunteer Fire Fighter class and in 1998 received her driver operator Class B license and took another class for code 3 driving of fire units. In 2000 Chief Karstens completed the semester long Fire Fighter 1 class at MPC. The Monterey County Fire Chiefs Association awarded her volunteer firefighter of the year in 2003 & 2013. She became the Assistant Chief for the Fire Brigade in 2002 and Chief in 2009. Over the years she has been active in the Monterey County Chiefs, Training Officers, Medical Liaison, EMCC, Fire Dispatch, Operations committees and CERT!

***Our thanks Martha for all your many years of service!***

## **For All You Do ...**

Oh, you're a volunteer?? That's cool. Do you make anything doing that? "WHAT DO I MAKE VOLUNTEERING?" I make holding your hand seem like the biggest thing in the World when you've suffered a disaster, or lost your home in a fire or flood. I make you have hope when I'm out all night looking for your missing family member. I make you breathe a sigh of relief when I bandage your wound, splint your fracture and get you medical care in a disaster. I make myself get out of bed at 3 A.M. to join a team and render aid or services to people I've never met. **I MAKE SERVICE TO MY COMMUNITY**

**IMPORTANT. I MAKE A DIFFERENCE!!!!**



**BE PREPARED! To assure local emergency alerts go to both your home AND cell phone, you MUST PRE-REGISTER with the Monterey County Office of Emergency Services (OES) at this link:**

**<http://www.co.monterey.ca.us/government/departments-a-h/emergency-communications-911/citizen-awareness/alert-monterey-county>**

**You can create an account with OES to assure notifications come to both your home and cell phone. Once you have created your account, you can conduct a test to assure you are correctly logged into the system!**

**Consult the link below to help you with your disaster supplies. REMEMBER, keep as much as you can! 72 hours of supplies has proven to NOT BE enough.**

**[https://www.fema.gov/media-library-data/1390846764394-dc08e309debe561d866b05ac84daf1ee/checklist\\_2014.pdf](https://www.fema.gov/media-library-data/1390846764394-dc08e309debe561d866b05ac84daf1ee/checklist_2014.pdf)**

## Training & Skills: Bleeding Control Options Where Tourniquets Cannot Be Applied. Packing A Wound.

**See This Link For Short Video That Will Help You Save A Life!: Note, you will first see an advertisement.**

[https://www.fireengineering.com/articles/2018/12/training-minutes-rescue-task-force-bleeding-control-options.html?cmpid=enl\\_fe\\_fire\\_engineering\\_daily\\_2018-12-05&pwhid=10732cd4f292fe4a31afcb775d8c286640d1cfd623bb2806fd071f73712e97b1c8609d115a22af906f18de02dc6b29167676c40c266b359ee335d8f2a9401f63&eid=288347374&bid=2319130](https://www.fireengineering.com/articles/2018/12/training-minutes-rescue-task-force-bleeding-control-options.html?cmpid=enl_fe_fire_engineering_daily_2018-12-05&pwhid=10732cd4f292fe4a31afcb775d8c286640d1cfd623bb2806fd071f73712e97b1c8609d115a22af906f18de02dc6b29167676c40c266b359ee335d8f2a9401f63&eid=288347374&bid=2319130)



**“Packing”** a wound is the act of pushing gauze into an open wound. This technique is used with serious bleeding injuries, such as chest wounds, that cannot be controlled with the four primary methods of Direct Pressure, Elevation, Indirect Pressure and Tourniquets. Once the wound is “Packed”, a pressure bandage is applied to the exterior of the wound to provide additional “force” to help contain the bleeding. This is a life saving technique when other methods are not effective.



**HAM RADIO PERSONNEL** Monterey County Office Of Emergency Services (OES) has requested that we advise them which of our members have a HAM radio license. If you possess a current HAM license, please reply herein and let us know. Include your contact information, such as cell phone number and HAM license number. We will pass on the information to OES. Thank-you!

**Angel, the CERT and Rescue Dog reminds you: DON'T LEAVE YOUR PETS OUT IN THE COLD!** For help planning safety and evacuation procedures for your pets, consult the link below.



## Pet Preparedness

If you're cold, your pets are too! Make sure you keep your pets safe and warm this winter with these tips:



- Always bring your pets inside when temperatures are below freezing.
- Wipe off your dog's paws after going outside in winter. Ice-melting chemicals can make pets sick.
- Don't let pets lick antifreeze. Your pets may think it's sweet, but it's poisonous for them to eat.
- If you see pets wandering outside in cold weather, call your local animal control agency. For more tips to keep your pets safe this winter, visit <https://www.ready.gov/pet-toolkit>. Join the conversation on social media with #PetPreparedness.