Vol. 4 Issue #2 April – June 2024 Quarterly



FEATURED
First of a multi part
series
on disaster
preparedness,
Are You Really Ready?
by
Scott Polgar

LACFD (Retired)

Who We Are

Antelope Valley CERT supports disaster preparedness & response operations in the cities and rural communities in the Antelope Valley within northern Los Angeles County. Our volunteers come from diverse backgrounds and all serve with the heart to help others after a major disaster event. At such a time, local public safety organizations may become overwhelmed and have delayed response times to calls for service - potentially for days. AV CERT trains to assist those organizations and provide disaster preparedness resources to the community. Our stakeholders include the Los Angeles County Sheriff's Department, the Los Angeles County Fire Department, local, state, and federal governments, and the citizens within the Antelope Valley. Our goal is to be prepared for the call to assist our families, neighbors, communities, and our brave public safety professionals.

We're taking it to a new level in 2024!



AV CERT Basic Training Dates 2024 Q2

Apr/May/Jun - TBA
Check the website for more info

Cribbing Refresher/BBQ
TBA



AntelopeValleyCERT.org



AV CERT



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SPOTLIGHT Mark Hagan, AV C

Mark Hagan, AV CERT by Scott Polgar

Mark Hagan is leaving Antelope Valley CERT after many years of service to the organization. After taking a CERT class, Mark became active by staffing CERT booths at community events and assisting at many classes. Mark has served as a Team Captain and Area Commander. Several CERT members and Mark started the AV CERT organization which allows the nonprofit collection of funds for disaster preparedness outreaches throughout the entire Antelope Mark has attended various CERT Valley. organization development and instructor classes, and has done research about each of the topics that is taught in the curriculum. His depth of knowledge has assisted him with teaching the curriculum, coordinating instructors for each class, and making certain that the material presented by each instructor meets the FEMA standard.

AV CERT was formed by Los Angeles County Fire Department Assistant Fire Chief Mike Metro, in collaboration with the Lancaster and Palmdale Sheriff, cities of Lancaster and Palmdale representatives, and other community members to provide more outreach and structure to the Prior to the formation of the program. organization, persons were taught the basic class and then let go, which many people referred to as a "catch and release" program. The new organization met monthly and did extensive community outreaches within each of the two incorporated cities, various town councils, and at large public events such as the AV Fair. That established a relationship with the sheriffs department and developed a Call-Out List whenever there was a need for volunteers.

During Covid, Mark Hagan coordinated members of AV CERT and was used at Covid testing sites, vaccination clinics, public information distribution events and other Public Health related tasks which brought a great deal of positive publicity to CERT. I am proud to say that during Covid, several CERT volunteers went

above and beyond the call during that trying and uncertain time. Because of the volunteer hours donated during Covid, our program was allocated two beautiful trailers and other equipment! Thank you Mark.

Lake Los Angeles Team Captain and AV CERT Board Member Ray Harrell says, "Mark has been instrumental in developing a basic training class that has set a very high standard that impressed trainers from other CERT organizations. He always strived to improve the training experience for each new class of students."

"It has been a pleasure to serve alongside Mark these last few years. His dedication to CERT and community is commendable," says Elisa Cohill, AV CERT Secretary.

From Mike Doucet, Training Coordinator, regarding Mark Hagan; "Hard working, dedicated and cares about the community and CERT. Mentor, who I could talk to about improving my skills, great instructor, and the-go-to person to organize a class for community members."

Marvin Elkins Jr, Communications Director says, "Although I have only known Mark for just over a year, he has been a inspiration to me and my involvement in the the organization. His ideas, insight, and level of knowledge when it come to training, is priceless. Because of Mark I have become more involved, even reviving the organization's newsletter."

Antelope Valley CERT thanks Mark for his years of service as the organization changed into what it is today, and we wish him success in his next adventure.

Disaster Prep Tips

- 1. Identify Risks
- 2. Create a Family Plan
- 3. Practice Your Plan
- 4. Build a Supply Kit for Work, Home, & Car
- 5. Prepare Your Children
- 6. Remember ThoseWith SpecialNeeds
- 7. Learn CPR & First Aid
- 8. Eliminate Hazards in Your Home & Workplace
- 9. Understand Post 9/11 Risks
- 10.Get Involved, Volunteer, & Bear Responsibility

AV CERT Monthly Meetings 2024 Q2

All monthly meetings held every 4th
Tuesday, 7 - 8:30 pm @ the
Lancaster National Soccer Complex
East Side Meeting Rooms
43000 30th St. East
Lancaster, CA

For more info, go to www.AntelopeValleyCERT.org

What does

ANTELOPE VALLEY CERT

mean to you?



My husband and I just completed the CERT training and it was excellent! We feel more confident should there be an emergency! I highly recommend everyone take this training.

Stephanie & Richard Viduca Lancaster

Did you know...

...regarding flooding, "Six inches of water can down an adult, twelve inches of water can sweep away your vehicle, and two feet of water can move an SUV or truck."

~Nancy Ward, Director - CalOES

...solar yard lights can be used to charge rechargeable batteries?

Test Your Knowledge

1. **RPM** 2. **ICS** 3. **30/2/No can do**

4. **STaRT** 5. **PPE**

6. What is the definition of triage and how is it used?

7. What 3 elements are needed for a fire to burn?

8. What are the ONLY instances in which an impaled object should be removed?

Answers on p. 16



AV CERT NEEDS
YOUR HELP!

CLICK THE QR CODE TO DONATE TO THE ORGANIZATION.

THANKS IN ADVANCE!

FEATURE

This is the first of a multi-part article on Disaster Preparedness. This series is designed to provide information to increase individual and community preparedness in a simple and fun format.

Scott Polgar L.A. County Fire Department, Retired C.E.R.T Instructor, Active

I retired after nearly 39 years from the Los Angeles County Fire Department serving as a Firefighter, Paramedic, Engineer, Inspector, wildland hand crew "Foreman", Training & Safety, and fire station Captain. I've spoken to thousands of firefighters, law enforcement, neighbors church attendees, CERT students, politicians, and more regarding disaster preparedness. I have not come across anyone that has said they were 100% ready! I've had a small percentage of people say they are fairly ready. Many people have told me that they are not ready at all.

Are you REALLY prepared?

Remember the difficulty in obtaining supplies during the coronavirus? I remember standing in line at Costco in Lancaster where the line started at the front door, wrapped completely around the store's west side near the freeway and the north side at the park boundary, out into the parking lot and south along the main entrance to Avenue L, and then west along Avenue L. There was not a shopping cart available because people standing in line had already obtained a cart.

When I arrived at about 6 AM one day, my place in line was just north of the propane tank refilling station with the line wrapped nearly around the store. Customer access into the store was limited to several hundred people at a time. By the time I entered the store, there was no morebottled water and several shelves were empty. When I left the store vehicular traffic turning into Costco from eastbound Avenue L was backed up to nearly 15th St., West! Two Sheriff vehicles were staged outside the main entrance of the store to

maintain civil order. My personal experience at Costco was positive. The dedication of those workers to keep that store open and the merchandise flowing was inspirational. Weeks into thepandemic first responders, and medical workers were allowed early access to the store because our heavy workloads. Thank you Costco. I made the following notes that I still read to remind myself about the importance of being ready:

"It is March 4, 2020. I'm at Costco and for the second day in a row before 10:30 AM. Costco is completely sold out of water. Yesterday I was told they had 2-1/2 truckloads of water that left the store in about about 40 minutes. Today, they had 18 pallet loads of water, and it was gone in the same period of time. I stood off to the side and watched people bring their empty shopping carts into the water area where it is usually stacked 5 to 6 feet high, and obviously very plentiful. People are staring in disbelief that there's no water to be had. There was a Costco employee telling customers that no additional water will be coming until tomorrow morning. In the same area that water is normally kept, sanitizing wipes, hand wipes, and cases of bleach are being loaded into carts, and toilet paper and paper towels are nearly gone. People are standing two deep at the pet food area. I spoke to one lady as I was making my observations and she saw me smiling a little bit. She asked why I was smiling and I told her that I'm a prepper and it's incredible to watch the run on these types of items even though water is flowing freely from the tap. On the outside of the store as I was exiting, there was an elderly couple with a few cases of drinking water in their basket, (they must have gotten there early) and as I walked by, I overheard the conversation of a gentleman asking to purchase the water from their cart. I stopped and I told the elderly couple to not sell their water and just take it home for themselves."

I know I started this article off abruptly, but I wanted to grab your attention. I envision that the majority of people reading this article are going to

continued on next pg.

Cribbing...

by Terry Dean - AV CERT Instructor

During your CERT Level 1 training, cribbing was talked about. You even had an opportunity to practice building simple cribbing using 4"x4"x24" pine cribbing. This was done under controlled conditions with a patient that wasn't screaming for help, bleeding or crying in pain.

Since you completed your class, have you given any thoughts to how you would react in a real world situation? Have you looked around your house to see what you would use to pick up a fallen wall off your loved one? We never know when we will need this skill that we discussed and only practiced once in the training.

Look around your house, make a mental catalogue of what you could use and what you need to acquire to perform some cribbing at your house, you neighbors house if needed. Remember, seconds & minutes could save someone who is trapped under fallen debris...

Cribbing Rescue
Training Videos
for
CERT / Search &
Rescue
(YouTube)

be CERT members. Out of the thousands of people that I've taught the CERT curriculum, I tell them that the first chapter of the book is an instruction guide on how to get ready. Being prepared for a disaster is foundational and should be continually evaluated.

For those that are "ready", just because you have items stored for a "really bad day", does not mean those supplies can be forgotten, they need to be checked! Anybody that is more than 30 or 40 years old realizes that some things are becoming less secure than they were years ago. Whoever heard of a cyber attack on the electrical grid, water distribution, or banking system? An EMP war device was unheard of. Before 2017, how many people actually considered a pandemic as a serious threat? (Out of all of the potential disasters, I have to admit, that I prepared for many things, but not a pandemic). Look up information on the cycle of sunspots (also known as Coronal Mass Ejections, CME) and their potential impact on the earth in 2024 and into 2025, as we are expecting an increase in solar flare activity as part of normal cosmic cycles. Even the threat of losing your job could cause one to tap into emergency preparedness supplies, as has occurred to many people in the Comments Section on many preparedness videos that I have viewed.

Remember those folks that were snowed in for nearly a week in the Lake Arrowhead and Big Bear areas last year? The snowfall was so heavy nobody could get to the store. One of the major markets in the area had the roof completely collapse because of the weight of the snow. Delivery vehicles could not make it up to the then isolated mountain community. My daughter told me of a story of a family that went up the day before the storm with the intent of enjoying the snow. They were stuck in the cabin for over a

continued on next pg.

Q: How many drops of bleach do you put into one gallon of water?

A: 6 to 8 drops of bleach depending on the concentration of bleach.

week and ran out of diapers, wipes, and formula. The family resorted to using bath towels as diapers! What was supposed to be a wonderful weekend in the mountains with a beautiful snowfall. mini-disaster turned into а for thousands of people over several days. Most people don't prepare themselves for a potential disaster for a variety of reasons. Some reasons financial, general complacency. be perceived higher priorities, or is just something that stays on the to-do-list. Almost everybody agrees that having supplies on hand is a good idea, but like many other things, just may not get done.

Over the next few additions of our AV CERT Newsletter, I would like to offer some quick tips on how to get you and your family prepared. I will share with you some of the mistakes that I've made, so you do not make them. There is plenty of great websites and YouTube videos regarding preparedness. Many of the videos have good information on them, and the ones that aren't so good, you still end up learning something from them. Remember, it is very difficult for you to participate in any post disaster CERT activations if you've not already taken care of yourself and your family. Having supplies on-hand is like having an insurance policy! What types of disasters could hit the Antelope Valley? Before I answer that question, I think everybody needs to know that if you live in the Los Angeles County portion of the Valley, you are protected by the largest county Sheriff organization and the largest county Fire Department in the United States. Both agencies have a tremendous amount of resources available so that if the disaster is

How full is the propane tank for your BBQ?

In a situation without power or natural gas, your BBQ may be the only source of heat for cooking.

very localized, let's say just to our Valley, plenty of resources are available in the unaffected portions of the county torapidly assist our community. How many fire departments have helicopters, bulldozers, and two nationally certified and well equipped search and rescue (USAR) teams? Not very many. We are fortunate t have those resources available to us on a daily basis if needed. However, the downside of both agencies is this - both agencies protect a large area with a dense population. L.A. County is the most populated county in the United States! Resources, including tax dollars, are spread thin in a widely diverse and needy population. No fire or law enforcement agency in the United States, has all resources or funding it needs; there is always some unmet need. This is where a prepared population and CERT training becomes handy. Having a population that is trained in disaster response can pay dividends. equivalent of CERT training is CPR training. If somebody has a sudden cardiac arrest, having CPR started immediately dramatically increases the survival rate of that victim until EMS arrival. Having individuals trained disaster in preparedness and response dramatically increases the disaster resiliency of a community. The next time you go shopping pick up a few additional long shelf-life items that you normally purchase, and a few one gallon water jugs. Do your best to keep your vehicle fuel tank above one quarter full or more. Start a dialogue with other members of your household, neighbors, and close friends regarding their preparedness efforts. Those few simple things will put you and your sphere of influence WAY ahead in preparing for the unknown.

Lastly, remember my saying, "get while the getting is good". Meaning, obtain supplies while the times are good, so you have them for the bad times.

This series will continue in the next edition. Scott is a lead AV CERT instructor and retired LACFD Captain.

FAV CERT IN ACTION

AV CERT Basic Training Class January 2024 @ The Lakes Community Center, Lake Hughes, CA





Palmdale Disaster Preparedness Expo Feb. 2024 @Legacy Commons, Palmdale, CA





AV CERT IN ACTION

City of Lancaster Black History Month Event on The Boulevard, Lancaster, CA February 2024







AV CERT / Stop The Bleed Training Class March 2024@ Lancaster Nat'l Soccer Complex, Lancaster, CA

AV CERT IN ACTION







K9 Search and Rescue Exercise on Lancaster Blvd.

Remember the "Rules of Three"

Three Kits: HOME, CAR and WORK

Three Days: Worth of items in each kit

Three items: Water, Food and "Utility items"; Flashlight, Meds, Blanket, etc.

Q: What is the shelf-life of most canned foods?

A: Most canned foods have a shelf life many years past the "Best By" date. Several YouTube videos have demonstrated taste comparisons between old and new canned food products.

Do you use prescription medication? Some medical plans do not allow for any extra medication, however there are ways to obtain an emergency supply.

- Find out if your doctor has any samples
- Ask for extra (You are going on vacation... right?)
- Lookup a few hacks online
- Remember to rotate your emergency medicine stock

Q: Can you drink pool water?

-A: No. Pool water contains chlorine and other chemicals that can cause severe gastric problems. Pool water can be used for sanitation and making toilets operational.

-Mylar emergency blankets are very useful and inexpensive; usually less than \$2.

Look for ones that are at least 80" x 30".

Mylar is wind and waterproof, and can be used as a sunshade if you are stranded in your vehicle, by securing one end under the wipers and the other end on top ofthe vehicle.

BE INFORMED, BE PREPARED!

Congratulations



Brown

...on your upcoming retirement

This past March, several members of AV CERT's leadership sat down for breakfast at Crazy Otto's and had a brief ceremony to honor former CERT truck and trailer driver, Terry Brown, with tokens of appreciation for all of his offerings to the AV CERT organization over the years.

On behalf of the Antelope Valley Community Emergency Response Team, we applaud your service to the CERT organization, as well as the Los Angeles County Fire Department, your presence is and has been invaluable, and we sincerely thank you and wish you the best in your retirement years to come, you will be missed by many.















- 17 LAFD CERT Continuing Education Medical Triage (Online) 7p
- 19 California Poppy Festival, AV Fair & Event Center, Lancaster, CA 4p 10p
- 20 Earth Day

California Poppy Festival, AV Fair & Event Center, Lanaster, CA 10a - 10p

Child Abuse Prevention & Family Resource Fair, Children's Bureau Family Resource Center, Palmdale, CA 10a - 4p

- 21 California Poppy Festival, AV Fair & Event Center, Lancaster, CA 10a 8p
- 23 AV CERT Monthly Meeting; Lancaster National Soccer Complex, Lanaster, CA* 7p 8:30p
- 27 Love My Ride Car & Bike Show, Dry Town Water Park, Palmdale, CA 9a 3p

May

- 4 LA County Fire Service Day, Fire Station 129, Lancaster, CA 10a 3p
- 5 <u>LAFD CERT Valley Bureau Community Meeting, Radio 101</u>, Sherman Oaks/Van Nuys Adult Rec Center 1p - 3p <u>Taco Fest</u>, AV Fair & Event Center, Lancaster, CA 1p - 8p
- 7 Stop The Bleed Community Training, Antelope Valley Wellness Community Room, Lancaster, CA 10a - 11a
- 11 LASD Recruitment Workshop, Antelope Valley College, Lancaster, CA 10a 12p
 AV YMCA Healthy Families Day, Antelope Valley Family YMCA, Lancaster, CA 10a 1p
- 19 AV Chambers of Commerce Flea Market, AV Fairgrounds, Lancaster, CA 7a 3p
- 20 14th Annual Jacob Hefter Memorial Golf Tournament, AV Country Club, Palmdale, CA
- 28 AV CERT Monthly Meeting; Lancaster National Soccer Complex, Lanacster, CA* 7p 8:30p

June

- 4 <u>Stop The Bleed Community Training</u>, Antelope Valley Wellness Community Room, Lancaster, CA 10a - 11a
- 8 AV Taco Festival, Poncitlan Square, Palmdale, CA 11a 5p
- 25 AV CERT Monthly Meeting; Lancaster National Soccer Complex, Lancaster, CA* 7p 8:30p
- 29 Red Cross Leona Valley Sound The Alarm 8a 2p



CERT in the News

Minnesota Train Derailment Proves Value of CERT Program

April 4, 2024



Willmar Area CERT volunteer with two people who were evacuated due to the Raymond train derailment

When a train derailment caused a fire in downtown Raymond, Minnesota last spring, first responders jumped into action. Despite being the middle of the night, they weren't alone. Members of the Willmar Area Community Emergency Response Team (CERT) joined first responders to help most of the small city — about 800 people — evacuate to the town of Prinsburg.

CERT teams are sponsored by local public safety agencies and trained to provide much-needed assistance in an emergency. The Willmar Area CERT is coordinated by the Willmar Police Department and Kandiyohi County Emergency Management with help from Minnesota's Homeland Security and Emergency Management (HSEM) division and FEMA.

"CERT is an example of how great public private partnerships can be," said interim HSEM Director Kevin Reed. "Private individuals step up to help their community, adding to the resources provided by public servants."

In the immediate aftermath of an emergency, CERT volunteers work together to meet the needs of individuals affected by the emergency. In Raymond, officials called in CERT members around 2 a.m. to help law enforcement officers and firefighters knock on doors and let residents know about the fire and evacuation.

The event proved the value of CERT, with members taking different roles and assisting in everything from getting people and pets to where they needed to be, to keeping everyone calm in a tense situation.

While some members of the Wilmar Area CERT assisted in the evacuation, others went to the Central Minnesota Christian School and Unity Christian Reformed Church in Prinsburg to prepare to receive evacuees from Raymond.

With the help of other volunteers from the church and school, CERT made sure the basic needs of evacuees at the shelters were met. While evacuees waited to return to their homes, local businesses and community members provided water, coffee, blankets and breakfast. CERT volunteers even retrieved three dogs from a residence and brought them to the evacuation site to reunite them with their family.

When officials announced the "all clear," CERT volunteers helped evacuees board a bus back to their homes. Willmar Area CERT volunteers cleaned up the emergency shelters and took donations for the evacuees back to Raymond for local distribution.

"I'm extremely proud of our CERT team and the dedication, compassion and professionalism that they showed throughout the event," said Willmar Police Chief Jim Felt.

CERT TRAINING LEVEL REQUIREMENTS

LEVEL I - Basic

FFMA Basic CFRT Course

LEVEL II - Intermediate

FEMA Courses

Leadership & Influence - FEMA IS-240.b

Decision Making & Problem Solving - FEMA IS-241.b

Effective Communication - FEMA IS-242.b

Active Shooter: What Can You Do - FEMA IS-907

DHS Human Trafficking Awareness - FEMA IS-1150

American Red Cross Courses

Anaphylaxis and Epinephrine - #02512108 (Online \$35)

First Aid for Opioid Overdoses - #05970967 (Online \$30)

Adult, Child, & Baby First Aid/CPR/AED - #05455432 (Online \$35).

Disaster Cycle Services: An Overview - #03606936 (Online or Classroom)

Mass Care: An Overview - #02327411 (Online or Classroom)

Shelter Fundamentals - #01936094 (Online or Classroom)

Shelter Fundamentals Exercise - (Classroom)

LEVEL III - Advanced

Completion of Level I and Level II Training
Emergency Medical Response Advanced First Aid - Red Cross or EMT Training

FEMA Independent Study
American Red Cross classes
L A County approved EMT Programs

→ Additional Training & Disaster Preparedness Resources

TRANSCAER

LAFD CERT Continuing Education

Medics & Radios

CalOES Making a Personalized Emergency Plan

Center for Domestic Preparedness

Neighborhood Team Program - Los Angeles

National CERT Association

2024 National CERT Conference Email List

FEMA Preparedness Portal

FEMA Region 2 Preparedness Email List

FEMA Resource Typing Library Tool (RTLT)

EmergencyKits.com

FirstAidProducts.com

<u>FirstClassResponder.com</u>

ProPac USA

BullsetSul VIVat.Coll

The Vest Guy

Groups

AV CERT Disaster Preparedness and Volunteer Network

AV CERT Disaster Preparedness and Volunteer Network Public Group

CalCERT

CERT Discussion Board

CERT Radio Operators

CERT TEAM

CERT Volunteers in Your Own Neighborhoods

LAFD CERT CENTRAL BUREAU

Lakes and Valleys CERT

Mountain Communities CERT Group

National CERT Council

National CERT Program Management

Official TEEN CERT

Phelan - Pinon Hills CERT



Disaster Alert

Emergency: Severe Weather App

ERG 2020

FEMA

First Aid: American Red Cross

Genasys Project

Life360: Live Location Sharing

Natural Disaster Monitor

Pulse Point

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Survival Guide

The Preparedness Project

Acknowledgents

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Special Thanks

City of Lancaster, City of Palmdale, LASD, LA County FD, American Red Cross, CalOES, Pharmavite, Lifelong Learning, Edgar Ortiz, Lancaster National Soccer Center, Palmdale High School































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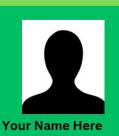
Newsletter Team











Steve Riddle Scott Polgar Contributor

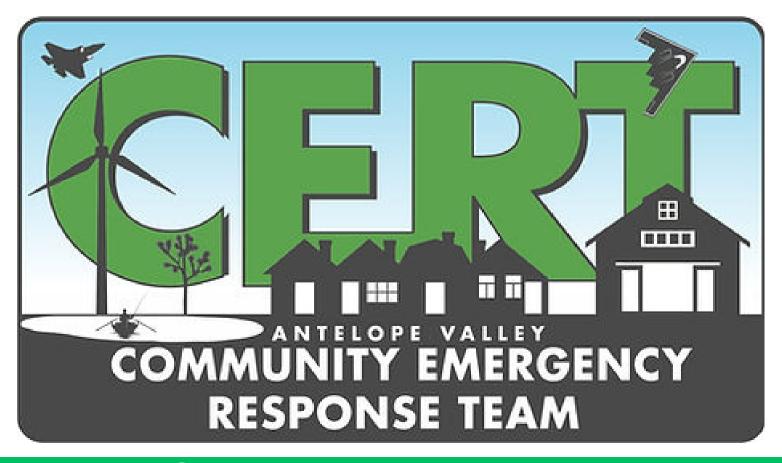
Answers:

- 1. Respiration Perfusion Mental Status
- 2. Incident Command System
- 3. Respirations over 30/Perfusion over 2 seconds/Cannot follow simple instructions or orders
- 4. Simple Triage and Rapid Treatment
- 5. Personal Protective Equipment
- 6. To sort. Triage is used to prioritize victims in a mass casualty inident.
- 7. Fuel, Heat, and Oxygen
- 8. If the impaled object obstructs the airway or prevents CPR from being performed

History of CERT

The CERT concept was developed and implemented by the Los Angeles City Fire Department in 1985. The Whittier Narrows earthquake in 1987 underscored the area-wide threat of a major disaster in California. Further, it confirmed the need for training civilians to meet their immediate needs.

CERT became a national program in 1993. There are now CERT programs in all 50 states, including many tribal nations and U.S. territories. Each is unique to its community and all are essential to building a Culture of Preparedness in the United States. There are over 2,700 local CERT programs nationwide and more than 600,000 people have trained since CERT became a national program.



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