



# PREPAREDNESS MATTERS

Be a partner in preparedness...be ready!



Issue 6, Volume 1

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Contra Costa Community College District • 500 Court Street • Martinez, CA 94553 • (925)229-1000 • <http://www.4cd.edu>

## Are We Ready?

It's hard for me to believe that I've been serving in the Emergency Services Coordinator assignment for several years now. The time has positively *flown* by! The bad news is that we've only just begun the journey to true preparedness—and we never know what an uncertain future may bring. The good news is that we, as a District, are much better prepared for emergencies than ever before.

One of the most important things we've achieved is the skills and ability to work more closely as a team. We have:

- Developed Community Emergency Response Teams (CERTs) on all our campuses and facilities—training over **150** employees to “hold the line” and provide community support during emergencies or disasters.
- Revitalized and upgraded campus and facility “monitor” programs to provide district-wide, uniform training to over **100** Safety Monitors.
- Forged strong working relationships with local response agencies, including local law enforcement, fire, medical, emergency management, and non-government agencies (such as the American Red Cross and Salvation Army).

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I'm pleased to report that we have also provided a variety of potentially life-saving training opportunities to a large number of employees and students. In retrospect, the number of people we've trained is truly remarkable:

- Cardiopulmonary Resuscitation (CPR) and Automated External Defibrillator (AED) (4 hours): **152** employees and students
- Basic First Aid: **18** employees

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Community Emergency Response Team (CERT) Instructor Cathy Walton-Woodson (DVC) and CERT member Melody Phillips (SRC) lead “injured” Senior Parking Officer Vidal Garcia (CCC) to the treatment area during a CERT training exercise at CCC in April.

Photo Credit: Teddy Terstegge, District Police



Be sure to visit the Emergency Preparedness section of the District website to learn more about the ways you can stay safe during an emergency!

[www.4cd.edu/911](http://www.4cd.edu/911)

Are We Ready? (continued from Page 1)

- “Hands-Only” CPR: **52** employees
- Fire Safety (Fire Extinguisher): **78** employees and students
- Evacuation Chair: **39** employees

If you were to take a moment to think about it, the chances are that you—or one of the next few employees you see, will have taken some form of safety or emergency training fairly recently. This commitment to preparedness makes us all safer—not only in the workplace, but at home and in our personal lives!

Unfortunately, as a result of our current fiscal situation, this may be our last issue of “Preparedness Matters”—at least for the foreseeable future. Effective July 1, I am being reassigned back to patrol duty. I will no longer be able to perform my Emergency Services duties full-time and will have to try to maintain our many programs on a limited, “catch-as-catch-can” basis. Despite this unavoidable setback, I am as committed as ever to our District’s preparedness efforts and will continue to work with the District and campus administrators, safety committees, and indeed all of you to the greatest extent possible. Although my availability to provide training and meet your needs will be a great deal less, I hope to remain a resource to all of you and will continue to do all I can to support our emergency programs. It is my hope that, as our economy recovers, the Emergency Services Coordinator assignment will someday be returned to a full-time status.

In the meantime however, if safety and readiness remain your concern or passion, *please don’t give up the ship!* Instead, grab an oar or line and help us keep a steady course. There are many, many resources out there to help us learn how to better protect ourselves and remain safe. Take advantage of them. You never know when something you learn may save someone’s life—*perhaps even your own!*



Teddy Terstegge

## Thanks to our many “Preparedness Stars”!



This issue of “Preparedness Matters” is dedicated to the many “Preparedness Stars” in our District—the talented, enthusiastic, and devoted people who have supported our safety and preparedness programs over the years.

While it would be nearly impossible to name every one, our campuses and facilities are much safer through the efforts and support of a large number of our employees and students—they all truly deserve our thanks!

Helen Benjamin	Michael Sandholm
Peter Garcia	Rachel Dwiggins-Beeler
Richard Livingston	Michael Forster
McKinley Williams	Cathy Walton-Woodson
Kindred Murillo	Lisa Martin
Eugene Huff	Chris Leivas
Mojdeh Mehdizadeh	Guy Grace
Tim Leong	Chrisanne Knox
Pat Kaya	Lisa Brager
Diane Rafii	Valerie House
Sandi McCray	Lesley Agostino
Andrea Gonzalez-Lewis	Mariles Magalong
David Wetmore	Bruce King
Michael Todd	Richard Akers
Ray Pyle	Kathleen Anderson (Ret.)
Brian Adair	Katie Krolkowski
Kat Ogden	Michael Fernandes
Greg Evilsizer	Michele Jackson
Charles Gibson	Jim Gardner
Esther Skeen (Ret.)	Bruce Cutler
Tom Sharp	Christine Fithian (Ret.)
Chad Wehrmeister	Lindy Maynes
Jose Oliveira	Bob Estrada
Ryan Huddleston	Kathryn Nielsen
Susan Sedillo	Barbara Cella
Jon Caires	Juan Cuara
David Farley	Russ Holt
Thomas Holt	Kevin Horan
Thomas Howe	Melody Phillips
William Bell	Marianna Ford
Michael Hotton	
Vidal Garcia	



## Beat the Heat!

With recent temperatures suddenly rising into the 100's, it seems that summer is finally here! Since summer brings an increased risk of heat illness or heat injury, we suggest you try a variety of heat-beating ideas to help "keep your cool"!

- Drink plenty of fluids;
- Wear light-weight, loose-fitting clothing;
- Apply sunscreen to exposed skin;
- Wear a wide-brimmed, woven hat (to provide shade and allow air circulation);
- Wear sunglasses;
- Eat salty foods to replace salt lost from sweating;
- Limit exposure to heat and take frequent "cooling" breaks;
- Use a "Buddy System" to monitor the condition of coworkers working outdoors;
- **Never leave children or pets in cars**—not even for a short time.

For more information, please visit our web page: <http://www.4cd.net/911> and click on the "Weather Emergency" document.



Roleplayers (simulating evacuees) lining up for lunch at the 2010 DVC American Red Cross Shelter Exercise.

## Where There's a Will...

By Teddy Terstegge (District Police)

As budgets shrink and workloads expand, it becomes increasingly difficult to find the time and resources needed to help us prepare for emergencies. Individuals, families, and organizations seem to have less and less time and money to spend on supplies, equipment, and training. How can anyone be expected to improve their level of readiness under such limitations? *It's not quite as difficult as one might think.*

It should come as no surprise that the Internet is one of the best preparedness resources available—and the availability of materials just keeps increasing. To find out how much information there is, just type "Emergency Preparedness" into any search engine!

If you would like to narrow the search down to a few authoritative sources, try the following websites:

<http://www.4cd.edu/911>  
<http://www.ready.gov>  
<http://www.oes.ca.gov/>  
<http://www.redcross.org/>

One of the most important elements of emergency preparedness is *training*. Fortunately, there are a wide variety of low-cost—and even free local classes available. Your local American Red Cross or Adult Education office is one source for low-cost training.

Community Emergency Response Team (CERT) training is free and available through many local communities. To locate a program near you in Contra Costa County, visit <http://www.contracostacert.org> and click on the "Member Agencies" page. You can learn more about the CERT program by visiting the National CERT website at: <http://www.citizencorps.gov/cert/>.

Finally, one of the greatest resources for training is the Federal Emergency Management Agency (FEMA) Emergency Management Institute Independent Study Program (EMI ISP). *Anyone* can take a wide variety of free online training courses through EMI. To take any of these, just visit: <http://training.fema.gov/IS/crslist.asp>.

If becoming better prepared and ready for emergencies is your goal, don't let tough times stop you. Where there's a will...*there will always be a way!*

## Field Day 2011

By *Teddy Terstegge (District Police)*

During large-scale disasters, such as the recent earthquake/tsunami in Japan and flooding in the Midwest, local infrastructure is often severely damaged or even destroyed. This leaves local populations without power, transportation, or communications for days, weeks—or even months after the disaster. In these situations, amateur radio operators (commonly called “hams”) step in to provide communications support for local communities, helping relay messages and information between the disaster area and the outside world. In many cases, ham radio operators are the only local communications link—and it is only through their efforts that lifesaving resources such as food, water, and medical care are brought quickly to those in need.

On the last full weekend of June each year, amateur radio operators practice these emergency communications skills during an international event called “Field Day”. Hams set up tents, antennas, and radio networks near parks, malls, and public safety stations around the world. During this colossal 24-hour event, operators make as many radio contacts with stations in as many other states and countries as possible.

Members of the Amateur Radio Guild of Pleasant Hill and the Pleasant Hill Community Emergency Response Team (CERT), working closely with District Police, established a communications station in parking lot #3 at Diablo Valley College this year. Alongside the District’s Mobile Command Post, the radio operators set up two large antennas, a tent, and several generators. Their sophisticated communications network included three workstations, laptop computers, a wireless router for internet connectivity, and several radios—all working on auxiliary power to communicate over a wide variety of radio frequencies. In fact, while I was observing the operation, the ham at the long-distance workstation spoke with fellow hams in Ohio and West Virginia.

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### **Interested in Amateur Radio?**

To learn more about Field Day or amateur radio, be sure to visit the following websites:

**Amateur Radio Guild of Pleasant Hill:**

<http://www.amateurradioguildofpleasanthill.webs.com>

**American Radio Relay League:**

<http://www.arrl.org/>

**Federal Communications Commission:**

<http://wireless.fcc.gov/services/amateur/>



*Members of the Amateur Radio Guild of Pleasant Hill/CERT operate over a 24-hour period to practice emergency communications skills during Field Day at Diablo Valley College (DVC).*



*Bill Brink of Pleasant Hill's CERT communicates with other local amateur radio operators, carefully logging each contact on a laptop.*

Field Day 2011 (continued from Page 4)

Over the team's 24-hour operating period, the members made over 600 radio contacts, communicated with other hams in nearly every state, and had 15 local radio operators either participate or stop by for a visit.

By rolling out our District Police Mobile Command Post, we were able to set up our own amateur station and establish communication as well—using new radio equipment received at no cost through a local emergency preparedness grant.

Some may also be interested to learn that we have at least ten licensed amateur radio operators on our District staff. Many of these have even been cross-trained in CERT. During a major emergency or disaster, these staff members may be called upon to provide communications support between affected campuses and local public safety services, the County Office of Emergency Services, and/or the District Office.

The organizers of this year's Field Day event at DVC are already planning for a similar (and hopefully larger) event next year. If you are a licensed ham operator or are interested in the subject and would like to assist in the development of our District Radio Amateur Civil Emergency Service (RACES) team, please contact me for more information (*my contact information is on the last page of this newsletter*).



The District Police Mobile Command Post is not only equipped to communicate with local public safety agencies, it is now also equipped to allow communication within amateur radio networks.



Members of the Amateur Radio Guild of Pleasant Hill and the Pleasant Hill CERT struggle to erect a temporary antenna to support long-distance radio communications.

## A Look Back

By Teddy Terstegge (District Police)

While thinking about our preparedness efforts over the past few years, I thought it would be appropriate to share a few fond memories—a mini yearbook, if you will. While these are all photographs of simulated emergency situations, the people shown (and indeed many others) have all stepped forward to help keep our District safe.

It should be a comfort for all to know that, should the need ever arise, they will be there for us—standing shoulder-to-shoulder to face whatever challenges the future may bring.



Greg Evilsizer (District Office) attacks a diesel/gasoline fire with a fire extinguisher during fire safety training at District Office (2008).



Site Safety Monitor Sandi McCray with Safety Monitors Michael Todd and Andrea Gonzalez-Lewis at an evacuation exercise, District Office (2010).



Nick Dimitri, Katie Krolikowski, and Joe Ledbetter splint “victim” Linda Cherry’s arm during Community Emergency Response Team (CERT) Training at CCC (2008).



*“Action springs not from thought, but from a readiness for responsibility.”*

~G.M. Trevelyan



Chief Gibson practices light search and rescue skills during a Community Emergency Response Team (CERT) tabletop exercise at CCC (2008).



Police Aide Nick Hansen provides treatment during American Red Cross Standard First Aid training at LMC (2011).



Judy Henry and Lindy Maynes provide medical care to Police Aide Ryan Culpepper during Community Emergency Response Team (CERT) Training at LMC (2006).



Jeanne Bonner, Ken Stanton, Eloine Chapman (hidden from view) and Michael Becker transport Sandra Mills up stairs during evacuation chair training at LMC (2010).



Alicia Muth, Lisa Martin, and Rose Desmond prepare Kyanne Meissner for transport during evacuation chair training at DVC (2008).



Mary Healy and CERT Instructor Mike Forster look on while a CERT member extinguishes a fire during Community Emergency Response Team (CERT) Training at CCC (2008).



Margie Ahola, Craig Gerken, Fred Jafari, and Jon Espino rescue "Randy" the mannequin during Community Emergency Response Team (CERT) Training at LMC (2009).



Following a joint effort between District Police, the DVC Pre-Nursing Society, and REACH Aero-Medical Services, DVC and LMC nursing/paramedic students receive air medical operations information at LMC (2009).



Tim Leong practices the use of an Automated External Defibrillator (AED) during CPR training at District Office (2011).



*Early Learning Center staff escort children back into the building following an evacuation drill at CCC (2010).*

## **Community Emergency Response Team Update:**

Our District's Community Emergency Response Team (CERT) program has been awarded a grant from the California Community Colleges System Office through its Disaster Resistant California Community Colleges Program.

The \$1,500.00 grant will help ensure the completion of next year's CERT training, even though FEMA funds are no longer available to support its continuation. This may be our last opportunity, at least for some time, to conduct CERT training—so please plan to attend when the opportunity next presents itself. We anticipate that the next class will be held in January, during the semester break.

For more information about California's Disaster Resistant California Community Colleges program, please visit: <http://emergency.cccco.edu>



*Officers Teddy Terstegge, Dave Sano, Javon Sanders, and Dan Davies during Contra Costa Mutual Aid Mobile Field Force training. The multi-agency mutual aid team is one of several in California that provides law enforcement support to agencies throughout the state (2009).*



**Disaster Resistant California Community Colleges**  
California Community Colleges System Office

Comments or Questions? Please contact the Emergency Services Coordinator:

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*Safety Monitor equipment and training materials await the arrival of newly appointed Safety Monitors at DVC (2010).*