



July 2021 Newsletter

We look forward to you joining us on our next area meeting!



**Health Awareness
Month
Continues**

Upcoming Area Meeting is on Tuesday, July 20th at 6:30 PM

Zoom Link:

[https://zoom.us/j/96841175558?
pwd=RmlwL050U1A5SC90Y1YrdzJIRHV5QT09](https://zoom.us/j/96841175558?pwd=RmlwL050U1A5SC90Y1YrdzJIRHV5QT09)

Meeting ID: 968 4117 5558

Password: 296027

Or Call-In

+1 669 219 2599 US (San Jose)

+1 669 900 6833 US (San Jose)

Refresher Courses Now Available Online



Refresh your CERT skills in
the comfort of your home

Thank you to Jim Bonato, Gordon Doughty, Don Mayo and Mike Houston for teaching the CERT refresher courses and Thank you Jim Bonato for recording and posting the courses on CERT's website. For everyone's reference, the link to the refresher courses is below:

<https://pleasanthillcert.org/cert-refresher/>

Please check out the courses online and use them to keep your skills up to date.

This is what we will discuss at our next meeting...



Pleasant Hill CERT is planning a hands-on training/refresher of some of the perishable skills we learned in our CERT training. The training will be on

Saturday October 9, 2021

This training will be similar to the PH CERT graduation exercise, with PH CERT members rotating through several stations to practice their skills.

To help with the planning, we are asking everyone's feedback on the following:

- Your level of interest (1, 2, 3 – see below) – this is **NOT** a request for a commitment

Level of Interest (please indicate your level of interest – 1, 2, 3)

1. Yes, I am definitely interested in this training and would like to participate
2. I may be interested in this training
3. No, I am not interested in this training

- Which topics you would like to have included** (please list all that interest you)
- Medical: treating life-threatening conditions (airway, bleeding shock)
 - Medical: triage (immediate, delayed, walking wounded, non-responsive)
 - Medical: head-to-toe assessment
 - Medical: bandaging and splinting
 - Search and rescue
 - Communications
 - Other (please specify)

We will be submitting your response to the steering committee.

If you are unable to attend our monthly meeting, but would like to provide your feedback to the above, please send your response **BY TUESDAY, JULY 20th** to either:

Marievita Lowe at marengwara@highcountryflyfisher.com

Sherry Cartmill at shars41547@gmail.com

Helpful Information

Thank you Carol Reade, South East Area Coordinator, for sharing the free training starting in August offered by Martinez CERT.

Martinez CERT is offering Preparedness Zoom classes this summer.

- Personal Emergency Preparedness "PEP" / Thursday, 8-19-21 6:00 - 8:00 pm (**PEP**)
- Earthquaker Hazard Mitigation / Thursday, 9-2-21 6:00 - 8:00 pm (**EQHM**)

To register for this Free training, email your name and one (or all) of the red abbreviations above (next to the course name) to: martinez.cert@gmail.com, and we will add you to the class. Don't miss these all important classes.

We are also offering our Basic Training Classes - in person! - this Fall. See the Flyer for more info on days and times. To register for our free Basic Training Series, email: "**WKND Basic**" or "**TUES Basic**" to: martinez.cert@gmail.com, and we will add you to the roster for our CERT Basic Training Classes.

BE INFORMED. MAKE A PLAN. BUILD A KIT. GET INVOLVED.



Thank you Sherry, our own North East Coordinator, for sharing the upcoming ShakeOut Day Session on **October 21, 2021!**

International ShakeOut Day is **October 21** this year, when many drills will happen! However, you can hold yours on any day. Make sure to register for 2021 to be included among millions of people worldwide who will practice Drop, Cover, and Hold On. Whether you register as an individual, family, or organization, your involvement will inspire others to participate in ShakeOut and become better prepared to survive and recover!

Register

You Can ShakeOut When and How You Want!
Consider:

- Will your drill be in-person, remote, or both?

- Choose your own date (or multiple dates).
- Follow local health and safety guidelines.

Learn more about these options, and download ShakeOut drill leader presentations, at ShakeOut.org/covid19.

And, there is always more you can do ahead of ShakeOut. When was the last time you checked on your disaster supplies? Have you “**Secured Your Space**” to prevent damage and injury? What changes are there to your **emergency plans and contacts**? Use the **Seven Steps to Earthquake Safety** as a guide from now until October!

ShakeOut.org/resources
ShakeOut.org/faq

Preparedness Websites to help you be prepared

- pleasanthillcert.org/preparedness
- fema.gov
- ready.gov
- <http://tsunami.org/>
- <https://www.shakeout.org/>
- <https://www.adapacific.org/>

Also, here's the link to [preparedness packet](#) that was previously distributed by CERT.

For a comprehensive library of all the forms that we will need during a disaster response, visit Pleasant Hill CERT's website at: <https://pleasanthillcert.org/forms/>

JOIN MONTHLY VIA ZOOM or IN-PERSON

We hope that everyone is staying healthy and safe. With the state and county loosening the restrictions, we are going to do some meetings in-person. Please note that whether the meeting is in-person or virtual, the schedule will remain the same, which is every 3rd Tuesday of the month, at 6:30PM.



For next month's meeting - see below

Please note that Zoom Meeting link and ID will remain the same
 Zoom Link:

<https://zoom.us/j/96841175558?pwd=RmlwL050U1A5SC9OY1YrdzJIRHV5QT09>

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For the remainder of the year, we will switch to hybrid meetings, virtual or in-person. We will announce in the current newsletter the type of meeting we will have the following month. Stay tuned everyone...



Next month's meeting is on **Tuesday, August 17th at 6:30 PM**

****FIRST IN-PERSON MEETING OF THE YEAR!!****

St. Andrews Presbyterian Church
 1601 Mary Drive
 Pleasant Hill, CA