



February 2022 Newsletter

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

Reminder Area Meeting Tonight, February 15th at 6:30 PM



Zoom Link:

<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)

Heart Attack Warning Signs

- ♥ Chest pain or discomfort that lasts for more than a few minutes
- ♥ Pain in the neck, jaw, arms, or upper back
- ♥ Abdominal pain or feeling of heartburn
- ♥ Cold sweats or clammy skin
- ♥ Unusual tiredness or nausea
- ♥ Dizziness or lightheadedness
- ♥ Shortness of breath

Call 911 Right Away

Fort Hamilton Hospital

Heart-Facts

Do you know the signs of stroke?

A stroke (a sudden disruption of blood flow to the brain) may happen without warning, but there are physical signs that may *signal* someone is having a stroke. If you recognize the signs, you can act in time.

Think FAST!

- F FACE:** Ask the person to smile. Does one side of the face droop?
- A ARMS:** Ask the person to raise both arms. Does one side drift downward?
- S SPEECH:** Ask the person to repeat a simple phrase. Is their speech slurred or strange?
- T TIME:** If you observe any of these signs, **Call 9-1-1 immediately.**

LEARN More www.strokefact.org



Thank you for the following members and volunteer who attended last Saturday's City-Wide CERT Exercise.

Steve Brooks, Search & Rescue (Community Volunteer)
Sherry Cartmill, Search & Rescue
Chris Elmore, Search & Rescue
Mark Gilkey, HAM Operator
Mike Houston, Chief Operations
Maureen Kilmurray, Search & Rescue
Marievita Lowe, Incident Commander
Jim Lowe, FRS Radio Communication
Pam Mosher, Registration and Scribe
Wayne Mosher, Registration
Maggie Panontin-Young, Search & Rescue
Sam Ramirez, Search & Rescue
Charles Scudier, Search & Rescue

Additional information, pictures and summary of the city-wide exercise will be on the next newsletter. Stay Tuned.



Bay Area Regional Workshop

**ShakeOut.org
#ShakeOut**

**Join ECA Bay Area's Winter 2022 Workshop
Wednesday (Feb. 16, 10:00 AM - 12:00 PM)**

Presentations on: Tsunami Science, Safety & Preparedness (including the recent volcanic tsunami); Recent Bay Area Earthquakes; and Hazard Mitigation Opportunities.

The workshop will conclude with group discussion & networking. [Register now \(Zoom\)](#)!

ECA Bay Area Winter 2022 Workshop
Wednesday, February 16
10:00 AM - 12:00 PM PT
Zoom (Online)

[Register](#)
Got a question? Need help?

We encourage you to visit [ShakeOut.org/resources](https://www.shakeout.org/resources)!

Helpful Information

Preparedness Websites to help you be prepared

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



JOIN MONTHLY VIA ZOOM

We hope that everyone is staying healthy and safe. With the continued concern of COVID, it is our goal to keep everyone safe. In order to maintain proper safety precautions, we will continue Northeast Area's virtual meetings until further notice. Our schedule will continue every 3rd Tuesday of the month, at 6:30PM via zoom.

For next month's meeting

Meeting link and ID are below

Please be on the lookout for in-person meeting announcements. We look forward to seeing you at our next meeting!



Next month's meeting is on Tuesday, March 15th at 6:30 PM

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<https://zoom.us/j/96841175558?pwd=RmlwL050U1A5SC90Y1YrdzJIRHV5QT09>

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