

Esprit de CORE

Citizens of Oakland Respond to Emergencies

SUMMER 2007

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Esprit de CORE is a publication of the Oakland Fire Department

CORE Notes

CORE staff and volunteers continue making steady strides to expand and enhance the CORE program. CORE reinforces basic emergency preparedness and response knowledge through refresher classes, skills development workshops, tabletop exercises and neighborhood drills. During January-March 2007 CORE overviews and basic training were complemented by three workshops; *Disaster First Aid*, *Neighborhood Emergency Communications II* and *Organizing a Neighborhood Exercise*. A total of **811** residents participated in CORE activities during this time.

Approximately 50 citizens from the Rockridge, North Oakland, Piedmont Avenue, Laurel, Allendale and Eastmont Hills areas of Oakland graduated from CORE basic training on April 18 in City Hall.



At the 2007 Spring CORE Graduation Ceremony, Instructors and Task Force members were also recognized by a special presentation.



CORE PSA

“Make a Plan. Build a Kit. Get Involved” is the theme of the 15 second emergency preparedness PSA produced by KTVU Channel 2, featuring **Mayor Ron Dellums**. A second PSA was also produced featuring the Oakland A’s Nick Swisher. The six-week advertising campaign ran the PSAs during A’s and Giants games through June 30.

In addition CORE Advisory Task Force member and Instructor Nick Stoughton represented CORE on the KICU Channel 36 Community Affairs program which aired on Sunday, June 24.

These efforts are the first of what KTVU and KICU hope will be a much larger regional emergency preparedness campaign. Getting out ahead with this initial campaign positions Oakland well as a Bay Area leader in citizen preparedness. That’s the way to go CORE!

Our sincere thanks to Mayor Dellums, Nick Swisher, the City’s Marketing Division, KTOP, OES, KTVU, KICU and the Fireman’s Fund.

Email Communications

Our CORE Family is rapidly growing. Beginning October 1, 2007 the CORE newsletter will be sent by email and only a limited quantity will be printed. The newsletter will continue to be posted on the website. This new practice will greatly reduce paper, printing and postage costs.

Please provide your email address to core@oaklandnet.com ASAP. Normally only time-sensitive announcements and newsletters are sent by email. Thanks for your cooperation.

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Message from CORE Coordinator

The first half of 2007 has been a fruitful time for CORE. Three additional staff are now working with the CORE Program; Emergency Planning Coordinator Demetrius Wren conducting outreach activities; Emiliana Scott-Textler, a VISTA Volunteer focusing on outreach to Spanish-speaking residents; and Ann Li, currently a CORE Instructor who is quickly expanding CORE training among Chinese residents.



On Saturday, April 28, the 2nd Annual CORE Citywide Emergency Response Exercise was held. Thirty-five CORE Groups participated, the majority being from Council District 4. Many key lessons were learned and recommendations made. Many of the recommendations are part of the Plan of Action for CORE groups and CORE staff to follow-up on. The Exercise After Action Report is posted on the website, beginning July 9. See more about the CORE Exercise on pages 4 and 5.

CORE is one of the first CERT programs to incorporate training to use two-way radios for emergency response. In order to improve citizens' capacity and comfort with radio use and protocols, a Neighborhood Emergency Communications (NEC) Planning Team is currently working with staff to:

- upgrade CORE III NEC hands-on training
- enhance NEC Workshop curriculum
- Develop radio use mentoring program

Stay tuned!

The UC Berkeley Center for Infectious Disease Preparedness (CIDP) is developing a Public Health Module for Community Emergency Response Teams (CERTs). Some components of the curriculum include:

- Role of Public Health during & after disasters
- Infectious Disease Threats after disasters
- Food and Water Safety after disasters
- Conducting a rapid health assessment

The CIDP will pilot sections of the Public Health module with CORE Advisory Task Force members and CORE Instructors in August.

From the CORE Advisory Task Force 2

The CORE Advisory Task Force Annual Retreat is scheduled for Monday, July 9. One primary focus of the retreat is to develop the framework to launch a long-term integrated CORE Marketing and Media Campaign. The facilitator will guide participants to clarify key points such as:

1. What do we want to market?
2. What is the message we want to communicate?
3. Who are our audiences?
4. What are the best types of 'marketing' collateral for us to use?

Participants should come away with concrete strategies and tools to better promote CORE.

In addition, Task Force members and staff will discuss curriculum upgrades, ways to facilitate communication and contact between CORE groups and recommendations made by CORE Exercise participants. Participants will also assess our 2007 CORE program priorities in terms of achievements and ongoing actions.

Three new Task Force members are joining the Task Force at the retreat. They are: Mike Cavillo, a ham radio operator active in the Terrace Street CORE group in Council District 1; Karen Lytle, recently retired County worker from Council District 6; and Don Reed, enthusiastic CORE Instructor from Council District 7. We are pleased and excited to have them on board to add their talent, expertise and resources to our efforts.

Current Task Force members have been deeply involved in CORE Program enhancements. For example, the CORE Curriculum Revision Team has been updating the CORE I manual. Another team is developing a new workshop, "**Managing Your Neighborhood Command Center Operations Effectively**", while others are exploring alternative neighborhood training sites and upgrading CORE Instructor resources. Members are also working directly with staff to expand outreach and training with Spanish-speaking residents, while others are sharing their expertise to help revamp the CORE database and establish a GIS component to help facilitate contact between CORE Groups.

These are just a few examples of the strong partnership between staff and volunteers that enables the CORE Program to remain relevant and responsive to the changing needs of Oakland's citizens.

Disaster First Aid - Saturday, September 22 • 9am - 4pm • Fire Training Center

This popular workshop provides extensive hands-on training and practice.

- Learn Simple Triage and Rapid Treatment (START)
- Recognize and Treat Life-Threatening Conditions
- Conduct Head-to-Toe Assessments
- Practice Safe Lifts and Carries
- Prioritize and Treat Common Injuries
- Set Up and Manage a First Aid Station



ONLY CORE III graduates are eligible to take the Disaster First Aid Workshop. Advance Registration Required.

CORE REFRESHER - Saturday, October 13 • 9am - Noon • Fire Training Center

ATTENTION: ALL CORE MEMBERS WHO GRADUATED PRIOR TO 2004

The CORE Refresher is for YOU! If the date on your CORE Photo ID badge has come and gone, your badge has expired and you are no longer considered CORE-certified. At the Refresher you will:

- Review basic emergency preparedness and response principles
- Refresh and practice beginning response tactics such as using a fire extinguisher, conducting a systematic search, splinting a limb, using a two-way radio
- Update your CORE ID badge and Disaster Service Worker form

Advance Registration Required. Register today at: www.oaklandcore.org

**Managing Stress During Emergencies
Saturday, October 27 • 9am - 1pm • OES**



Members of the OFD *Critical Incident Stress Management* Team will facilitate this NEW Workshop to learn more about disaster psychology.

In this interactive training, you will:

- ~ review symptoms of disaster-related stress
- ~ learn communication do's and don'ts
- ~ practice providing "psychological first aid"
- ~ learn strategies to promote response team well-being

With this training, you will become more confident about handling stress appropriately as an emergency responder in your neighborhood.

**Managing Your Neighborhood
Command Center Operations Effectively
Saturday, November 10 • 9am - 3pm**

Anyone who has taken CORE III remembers what it was like to try to coordinate the response, dispatch response teams, receive and prioritize information from the neighborhood and manage chaos calmly!

At this workshop you'll practice skills to:

- ~ delegate and maintain accountability
- ~ assess and prioritize response activities
- ~ work together as response management team



Role-play various neighborhood command center positions. You will increase your understanding of ICS and your competence managing your neighborhood response.



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Homeland Security Unit - Staff Changes by Renee Domingo, OES Manager

Susan Newton, the Homeland Security Supervisor received a promotion to work with the Super Urban Area Security Initiative (SUASI) Management Group. Susan is the Budget Manager for Regional SUASI which represents 10 counties and over 100 cities. She will still be an OES staff member but is working out of the State Coastal Region Office. Congratulations Susan!

Cynthia Chimonyo joined OES in late February 2007. Cynthia is working in the Homeland Security Unit and is the lead for grants coordination and grants management for Oakland's grant allocations. Cynthia has an extensive background in grants management and comes to OES from the City's Office of Health and Human Services. Welcome Aboard, Cynthia.

Ian Hiscock joined OES in late April 2007. Ian is working in the Homeland Security Unit to update emergency operations plans, hazardous materials plans, provide training, technical assistance and assist in coordinating Citywide exercises. Ian is certified as a Hazardous Materials Specialist and Instructor, among many other credentials. Ian is also active in the military. Welcome Aboard, Ian.

Lindsay Wong joined OES in December 2005, working for the CORE Program before joining the Homeland Security Unit in December 2006. She provides administrative support for the Unit, using her background from the CORE Program to assist others to implement training and resource allocation. The team is fortunate to have her enthusiastic and resourceful administrative and technical support.

2006 Grant Funding

The City of Oakland received \$1.0 million dollars to continue to fund the Homeland Security positions. The funds are also to begin to equip an Alternate Emergency Operations Center located at the Eastmont Substation and to partially fund the purchase of a Mobile Emergency Communications Center that can be utilized regionally for training purposes and during emergencies.

Your Emergency Preparedness IQ

The Office of Emergency Services sponsored the recent production of an **Online Emergency Preparedness Training** course. The training can be found at: www.oaklandnet.com.

Once you take the initial quiz of 10 questions, you can proceed to basic training on the topics of mitigation, preparation, supplies, tools, special needs and evacuation earthquakes and other emergencies.

Although the online training is geared to people who may not have taken CORE training or just want a quick and easy way to learn the basics, why not go online and **test yourself on emergency preparedness basics**.

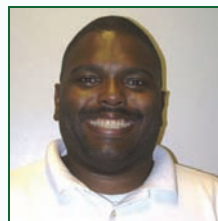
Some quiz sample questions:

1. *How much water should 3 roommates with no pets store for emergency use?*
2. *What should you do about the natural gas line into your house after an earthquake?*
3. *How many smoke detectors per home are required under Oakland's building code?*
4. *How many fire stations and firefighters are available to protect Oakland's 409,000 residents in the event of a major fire?*

If you weren't able to confidently answer these questions, you may wish to take the online training. By all means we encourage you to share it with family, friends and neighbors and continue to promote CORE training to learn and practice emergency preparedness and response skills. **Remember, the next disaster could happen anywhere, at any time!**

New CORE Staff

Demetrius Wren is the newest Emergency Planning Coordinator assigned to conduct outreach activities for the CORE program. He focuses on promoting and teaching CORE in areas of Oakland where we want to strengthen emergency preparedness and response training.



He has attended community events such as the Temescal Street Fair, Oakland Museum Family Day, and the Sojourner Truth Health Fair for Seniors to promote CORE.

Demetrius served as an officer in the U.S. Air Force for 11 years and recently earned a Masters in Management. He currently resides in Oakland.

Summer Weather Tips

State OES Urges Californians to Prepare for Extreme Summer Heat

With the summer heat beginning to hit California, the Governor's Office of Emergency Services today urged individuals to take steps now to prepare for any prolonged heat waves that occur this year.



"With the official start of summer next week, it's time to begin preparing for the possibility of excessive heat," said Henry Renteria, Director of the Governor's Office of Emergency Services (OES). "Californians can reduce their risk of heat-related illness this summer by taking time now to review and update their emergency plans, learn first aid and CPR, and restock their emergency supply kits, particularly their drinking water supplies.

"Prolonged exposure to extremely high temperatures can be very dangerous, especially for seniors and other vulnerable populations," said Renteria.

"During extreme heat, cooling off for just a few hours can prevent heat stress."

Because drinking fluids is essential in avoiding heat exhaustion, heat stroke and other heat-related illnesses, it is strongly recommended that Californians include plenty of drinking water as part of their emergency supply kits.

Director Renteria also recommended that Californians maintain their supply of portable radios and flashlights and make sure they have extra batteries.

"Last year's heat wave placed a significant strain on the state's power grid," noted Renteria. "A working radio and flashlight will provide access to emergency information and instructions, as well as light if power is disrupted due to an overload of the power grid."

Today's notice comes as OES and other state agencies prepare to implement the "seasonal readiness" phase of the state's Contingency Plan for Excessive Heat Emergencies. The plan, which was developed by a multi-disciplinary task force at the direction of Governor Arnold Schwarzenegger after last July's heat wave caused 143 deaths, outlines state operations during excessive heat emergencies and provides planning guidance for local governments, non-profit organizations and the private sector.

As part of their emergency planning efforts, OES urges Californians to consider the needs of family members and neighbors who are elderly, have physical impairments and other special needs.

"Infants, small children, seniors, people with illnesses and those who are taking certain medications could be at additional risk for heat-related illnesses," noted Renteria.

Other simple and cost-effective steps that Californians can take to keep cool and reduce their risk of heat-related illness include: Tightly installing window air conditioners - Making sure that window air conditioners and air conditioning ducts are properly insulated - Placing window reflectors made of cardboard covered with aluminum foil between windows and drapes to reflect heat back outside - Weather-stripping doors and sills - Covering windows with drapes, shades, awnings or louvers to block out the sun

Additional tips on preparing for heat-related emergencies are available on the California Department of Health Services (DHS) and OES web sites at <http://bepreparedcalifornia.ca.gov/epo/> and <http://www.oes.ca.gov>, respectively.

To visit the OES website containing this news bulletin as well as previous news bulletins, either click on this link or copy and paste it into the address bar of your browser....<http://www.oes.ca.gov/Executive/Public/OES+News+Bulletin.nsf/Web%20News%20Lookup?openview>

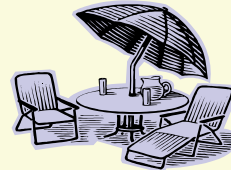
For more information contact the OES Office of Public Information at 916-845-8400

Taking Stock - excerpted from the Home Inventory Guide, California Department of Insurance

Your home and its furnishings are normally your greatest possessions. Taking stock of your real and personal property not only provides a measure to compare your insurance coverage by, it also allows an individual to gain a true perspective of what their possessions mean to them.

Listing all your possessions in the event of a fire, an earthquake or burglary can be difficult. The emotions experienced after a loss may present a big challenge when you try to remember all of your personal possessions. Thus, it is very important to take inventory of your personal property before you have a loss. A complete household inventory can help you establish:

- a record of the contents of your home and their value
- a record of serial numbers of your electronic goods and appliances
- an indication of whether or not your insurance coverage is adequate



To fully document personal property, photograph and videotape all the contents of your home. The video should include a receipt (if possible) next to the item and also clearly show the serial number (if applicable). The video should also have a date stamp to document the date of the recording. It's also good if someone from the family can narrate the tape in a slow and clearly audible tone.

It is recommended that you keep an updated copy of the inventory document in at least three of the following places:

- fire resistant box in your home, like a safe
- at your place of employment in a locked cabinet
- with a family member, close friend or relative
- with your accountant and/or attorney
- safety deposit box



Keeping your home inventory updated is very important. Major purchases such as big screen televisions and refrigerators should be updated at your earliest convenience after the purchase. Review and update your home inventory at least three to four times a year to keep the document current.

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