



Esprit de CORE

Citizens of Oakland Respond to Emergencies

WINTER 2007

Editor: Harriet Y. Wright

Esprit de CORE is a publication of the Oakland Fire Department

CORE Notes

The CORE Program continued to thrive during 2006 with citizen participation at an all-time high and the creation of **50** new active and re-activated CORE Groups in neighborhoods throughout Oakland, as of December 2006. Due to increasing interest in emergency preparedness, our database has grown to more than 5,000 names.

During 2006, **3,208** received CORE training and **200** citizens graduated, having completed all basic CORE training. **121** citizens participated in CORE Workshops, such as Disaster First Aid, Organizing a Neighborhood Exercise and Neighborhood Emergency Communications. Workshop facilitators utilize a lecture, demonstration, hands-on practice format to refresh and deepen citizens' level of understanding and skill mastery.



In addition to the dramatic increase in numbers of citizens trained and CORE Groups formed, there were significant accomplishments that enhanced the quality, visibility and impact of the CORE Program. Major highlights include:

1. Conducting the CORE Citywide Emergency Response Exercise in April, in which 26 CORE Groups, firefighters from 9 Fire Stations and 22 Ham Radio Operators from ORCA participated.
2. Distributing 19 Neighborhood Emergency Supply Packs (NESP's) to active CORE Groups who have established Neighborhood Incident Command Centers.

3. Acquiring permanent CORE funding of **\$257,000** from the City Council, to hire a full-time Administrative Assistant and Emergency Planning Coordinator, expand outreach and training, and purchase additional training equipment and supplies.
4. Conducting the first CORE Refresher that enables CORE-trained citizens to refresh their response skills, update their Photo ID badges and Disaster Service Worker forms.
5. Integrating 16 additional CORE Instructors to teach CORE I and II, and recruiting 6 new firefighters to the CORE III Trainers Team.
6. Convening a Neighborhood Emergency Communications Forum to exchange information about two-way radio communications, protocols, relay networks and frequency management issues.
7. Designing a new Pet Preparedness Packet, A How-To Guide in cooperation with Oakland Animal Services.



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Message from CORE Coordinator



For the first time since becoming Editor of Esprit de CORE, I'm taking the opportunity to share reflections and intentions. It has been very gratifying to experience the dramatic growth and enhancement of CORE since 2003 when I started managing it in August. I'm most proud of diversifying the Task Force membership; developing and maintaining our informative website: www.oaklandcore.org; upgrading the CORE newsletter, providing CORE training to Cantonese and Spanish-speaking residents with training materials in Chinese and Spanish; garnering the grant of \$100,000 from Fireman's Fund Insurance Company and receiving permanent CORE funding from the City Council. I'm also especially proud of the additional training we've offered to enhance skill development via all the new workshops we've developed, as well as on-going curriculum and train-the-trainer enhancements, and overall strengthening our relationship with the Fire Department. These accomplishments and more have made CORE more visible, more viable and vibrant.

In 2007 as new CORE staff members are oriented to the demands and opportunities of the CORE Program and Task Force members continue taking an active role in program priorities, it is my intention to move forward with other personal and professional interests and entrepreneurial pursuits. I'm confident that the CORE Program will continue to thrive. Thank you for the opportunity to serve.



From the CORE Advisory Task Force 2

We welcome new Task Force members: **Celina Cardenas** of Maxwell Park, returning member **Lucas Daumont**, **Tonja Herd** from the Oak Center area of West Oakland, **Chris Ratto** from Redwood Heights, **Steve Steinhour** of the Grand Lake area and **Doug Wong**, retired firefighter from Beulah Heights near the Laurel District. Each of our new members bring unique skills, expertise and interests, that are greatly enriching our efforts to keep the CORE Program relevant and responsive to the changing needs and demographics of Oakland's citizenry.



In 2007, CORE staff and Advisory Task Force members will focus on:

1. Providing tangible support to strengthen existing CORE Groups
2. Expanding outreach and training among non-English speaking residents
3. Implementing CORE Refreshers at neighborhood sites to help keep response skills current
4. Linking CORE training with emergency preparedness training for businesses, schools and churches
5. Developing database/neighborhood mapping capacity to help CORE-trained citizens network
6. Facilitating the 2nd annual CORE Citywide Emergency Response Exercise in April 2007
7. Strengthening CORE-OFD relationship, particularly upgrading Train-the-Trainer for the Cadre of Firefighter CORE Trainers
8. Developing two new CORE Workshops: Incident Commander/Neighborhood Command Center and Managing Stress Under Emergency Conditions
9. Implementing fundamental changes to curriculum and delivery format to incorporate more hands-on activities throughout the CORE training
10. Developing a professional marketing campaign

Annual Exercise

The April 2006 CORE Citywide Emergency Response Exercise was an extremely valuable learning experience for participants, who unanimously recommended that we conduct annual citywide exercises for CORE groups.

Therefore the next CORE Citywide Exercise is scheduled for Saturday, April 28, 2007. A CORE Citywide Exercise Planning Team (CCEPT) has been formed to work with staff to determine the scope/theme/focus of the Exercise, help promote and recruit for participation in the exercise, and assist in the implementation and evaluation of the Exercise. In its first meeting, they determined that the Exercise should focus on communications with an earthquake scenario, since effective communication is so vital and an earthquake, which often generates fires, hazardous materials incidents and evacuation actions, is the most likely major emergency to actually occur in Oakland.

The CCEPT is still recruiting CORE members specifically from Council Districts 2, 3, 5 and 7 to join the team and assist in designing the Exercise and pre-exercise trainings to prepare CORE groups to participate. Please contact CORE at 238-6351 or core@oaklandnet.com if you want to be on the CCEPT. The next meeting is Tuesday, January 9, 6:30pm at OES.



Active CORE Groups

As of December 2006, we have identified 50 active CORE Groups. An active CORE Group has members that have taken CORE I and II, at least 3-5 members who have completed CORE III, an identified Neighborhood Command Center, and meets regularly. These groups are:

- 1. 63rd St between Colby & Telegraph
- 2. Alvarado Road
- 3. Anderson Ave/Reinhardt Drive
- 4. Arizona/Aspen Streets
- 5. Canon Ave/Diamond District
- 6. Capricorn Ave
- 7. Chabolyn Terrace
- 8. Chabot CORE
- 9. Chatsworth Court
- 10. Creekside Tribe
- 11. Echo Ave
- 12. Enos Ave
- 13. Estates/Fountain
- 14. Exeter Drive
- 15. Fairview Park
- 16. Fernwood Community
- 17. Forest Hill/Whittle
- 18. Geranium Place
- 19. Glen Eden Ave Group
- 20. Harbord Drive/Marr Lane
- 21. Hiller Highlands
- 22. Hiller Highlands Homes Association
- 23. Holy Names University
- 24. Holyrood Drive/Manor
- 25. Kales Ave
- 26. Laguna/Hearst
- 27. Larry Lane/Mastlands Drive
- 28. Magnolia Street
- 29. Margarido Drive
- 30. Maxwell Park
- 31. Maybelle Ave
- 32. McAuley Street Neighborhood Watch
- 33. Montclair/Brooklyn
- 34. Moon Gate/Skyline Blvd
- 35. Fairview/Dover/Tremont
- 36. One Kelton Court
- 37. Panoramic Rd
- 38. Parkwoods Condominiums
- 39. Piedmont Pines/Camino Lenada
- 40. Redwood Heights/Selkirk St
- 41. Rockridge-62nd St between Hillegass & Colby
- 42. Romany Road
- 43. Saroni Drive
- 44. Scout Road
- 45. Shelterwood-Westover
- 46. Sobrante Park
- 47. Tompkins Ave
- 48. Valle Vista Home Alert Association
- 49. Wilton Drive
- 50. Woodrow Drive

If you believe that you are an active CORE Group, but are not listed above, please contact us immediately at core@oaklandnet.com. We need the contact information for the CORE Group leader and Neighborhood/Group name. Again, we want to insure that we identify all active CORE Groups, so that we can help facilitate more networking, training within neighborhood groups and offer supports to help sustain, motivate and enrich these groups. As organized groups you are really the backbone of your neighborhood and a critical resource to maintain the safety, health and well-being of your neighborhood. We appreciate knowing you are there!



The first new addition to the CORE staff is **Kaity Booth**, Administrative Assistant. Kaity earned a B.A. Degree in Political, Legal and Economic Analysis from Mills College and plans to obtain a Master's Degree in the near future. An East Bay resident since birth, Kaity

highly values the interactive focus of the CORE Program and looks forward to building a lifelong career within the Office of Emergency Services.

Kaity has been involved in all aspects of the CORE Program providing key administrative, programmatic and logistics support. In addition to handling registration, preparing training materials and maintaining the database, Kaity has taken leadership to complete the long-awaited *Pet Preparedness Packet*, (which was chomped up by a hungry animal and now requires rehabilitation before final production). She has done a super job assisting Task Force members and Instructors and putting the CORE cubicle in order. Soon she will complete CORE III training. We are fortunate to have the efficient, enthusiastic and bright energy that Kaity brings to the CORE Program and OES.

Lindsay Wong, who served as the CORE Program Assistant for a year has now transferred to Homeland Security where she is taking on accounting, purchasing and administrative duties.

CORE Refresher

On Saturday, November 4, we convened the first CORE Refresher at OES. Participants took a quiz on basic emergency preparedness and response principles. Then they were asked to pair up and move through 10 Skills stations, such as safe lifts and carries, search and rescue, fire extinguisher, as well as first aid skills stations to demonstrate their skills in opening an airway, splinting and stopping bleeding. They also participated in a cribbing demonstration.



Everyone who participated in the CORE Refresher considered it a valuable experience and stressed the importance of conducting CORE Refreshers regularly.



Kudos to Task Force Member Ed Ono, who took initiative to develop the Refresher, secure materials and monitors. We look forward to offering more CORE Refreshers in 2007.

Neighborhood Emergency Communications Forum, Part I



More than 35 CORE-trained residents participated in the NEC Forum held in November. The purpose of the forum was to exchange information, problem-solve, learn about network relays and practice two-way radio protocols. Many questions and recommendations were generated.

"This was excellent. The paid and volunteer people were prepared and taught well. The sharing of experiences was excellent."

"Great feedback and networking"

"Overall, I was very impressed with the panel. Thank you."

"Got some good info."

OES staff also started distributing two-way radios to CORE Group Leaders The radios were purchased by Council President De La Fuente. We thank him for his generosity.

Winter Safety Message - Preventing Heating Equipment Fires, excerpted from Fire Prevention Bureau Media Release

During December, January and February, heating equipment is the leading cause of home fires. See tips below to help prevent a fire in your home or business.

- Space heaters should be kept a minimum of 3 feet from anything that can burn.
- Portable heaters should shut off automatically if tipped over. If it does not, replace it with a newer model that does.
- When leaving a room or going to bed, TURN OFF all portable heaters.
- Hire a qualified technician to clean and service your furnace.
- Hire a professional chimney sweep to inspect and clean your fireplace and chimney.
- Keep children away from heaters.
- Keep combustibles in your home to a minimum.
- Make sure every level of your home has a working smoke detector alarm, and be sure to check and clean it on a monthly basis.

Rainy Season Preparations, excerpted from Public Works Agency Media Release

During the winter months, the Public Works Agency extends its service hours to make sandbags and plastic sheeting available to residents and businesses to help them protect their properties from storm-related damage. A maximum of 20 sandbags and 50 cubic feet of plastic sheeting per household/business are available for pickup at the City's Municipal Service Center, 7101 Edgewater Drive, and Maintenance Satellite Office, 5921 Shepherd Canyon Road. Up to 5 sandbags can be picked up between 8am-9pm Monday-Friday at:

Fire Station # 3	1445 14th St	Fire Station # 17	3344 High St
Fire Station # 6	7080 Colton Blvd	Fire Station # 20	1408 98th Ave
Fire Station # 7	1006 Amito Ave	Fire Station # 21	13150 Skyline Blvd
Fire Station # 8	463 51st St	Fire Station # 26	2611 98th Ave
Fire Station #10	172 Santa Clara Ave	Fire Station # 28	4615 Grass Valley Rd
Fire Station # 16	3608 13th Ave		

Call 510 615-5566 to report storm damage.

OES Offers Tips for Preparing for Wet Winter Weather, excerpted from OES News Bulletin for California Governor's Office of Emergency Services

The National Weather Service (NWS) is forecasting above-average rainfall throughout California this winter due to moderate El Niño weather conditions. Storms fueled by this El Niño are expected to have the greatest impact during January, February and March 2007. Although increased precipitation is expected, the NWS does not forecast particularly strong, unruly storms as seen in recent winters.

Before the storm, OES recommends storing important documents in a safe-deposit box, assessing insurance coverage needs and preparing emergency kits with essential supplies. Also keep your car fueled and know safe routes to higher ground. During the storm OES recommends avoiding flood-prone areas, crossing flowing streams or driving over flooded roads. However, if travel is necessary, dress warmly and inform others of your route. Stay tuned to local TV and radio stations for news updates and instructions.

After the storm, throw out all food (canned and otherwise) that has been in contact with flood waters, follow instructions about safety of drinking water (it may need to be boiled or purified before drinking), avoid disaster areas, downed power lines and broken gas lines and report them immediately. Do not turn gas back on yourself; rely on utility crews. Use flashlights, not lanterns or candles to examine buildings; there may be gas leaks. Stay tuned to local TV and radio stations for instructions from local authorities.

2006 UASI GRANT by Susan Newton

On January 3, 2006, the U.S. Department of Homeland Security announced that it had combined Bay Area governmental jurisdictions into one "Super UASI" region for the purpose of distributing federal Homeland Security grant funds in fiscal year 2006. The UASI program also changed from an allocation process (a formula based on threat/risk and population) to a competitive grant for 2006, and Urban Areas were required to submit substantial grant applications for initiatives and justify to the Federal government the need for funding. There was also a separate threat/risk factor for each Urban Area (determined solely by the federal government) applied to the allocation formula.

The purpose of the FY 2006 Urban Area Security Initiative Grant is to provide financial assistance to the San Francisco Bay Area to address the unique equipment, training, planning, and exercise needs of large urban areas, and to assist them in building an enhanced and sustainable capacity to prevent, respond to and recover from threats or acts of terrorism. The allowable scope of activity includes catastrophic events, provided that these activities also build capabilities that relate to terrorism.

On June 7, 2006, \$22,656,000 was awarded to the Bay Area Super UASI region which includes the city of Oakland, Alameda County, the city and county of San Francisco, the city of San Jose, and the County of Santa Clara as the core entities and will also benefit the 10 Bay Area counties and their respective cities. An Urban Area Working Group made recommendations to the Approval Authority who determined the distribution of funds. In late August of 2006, the State Office of Homeland Security approved the Project Areas and the following regional allocation decisions:

1. Regional Planning & Collaboration - \$4,600,000
2. Training & Exercise - \$2,500,000
3. CBRNE Detection & Response - \$500,000
4. Medical Surge - \$1,850,000
5. Infrastructure Protection - \$1,000,000
6. Mass Prophylaxis - \$350,000
7. Interoperable Communications - \$6,500,000
8. Information Sharing & Collaboration - \$1,400,000
9. Public Information & Warning - \$250,000
10. Mass Care - \$1,000,000
11. Citizen Preparedness & Participation - \$2,026,320
12. Management & Administration - \$679,680

CORE staff serves on the Citizen Preparedness and Participation Workgroup.

Interoperability Facts vs. Myths

by Capt. Melinda Drayton

There seems to be such a buzz about interoperability that it has an almost mystic quality. For OFD interoperability does not mean:

Myths:

1. We can communicate with everyone all the time on the same channels and frequencies.
2. There is one person with one device that can bring all disparate radios together onto the same frequency.
3. There is a stockpile (cache) or radio for each agency's specific type of radio for mutual aid in California.
4. CHP, FBI and ATF, etc. can come into Oakland and talk directly to the fire department.

Facts:

1. In 2004, the City of Oakland implemented IPSS (Integrated Public Safety System) which connected Oakland Police and Fire Dispatch Centers to facilitate more efficient responses to 911 calls. Each radio console has the ability to do a console patch which adds a frequency or channel to be used for mutual aid in Oakland.
2. There is a common 800 MHz radio talkgroup for Oakland Fire and Police to be able to communicate with each other on a command level (not firefighter to patrol officer).
3. Oakland Fire can currently interoperate with BART, Emeryville Fire, Berkeley Fire and Richmond Fire on its mobile and portable 800 MHz radios.
4. On the VHF radios, without cloning or programming additional channels/frequencies or talkgroups, Oakland Fire interoperate with Orinda/Moraga Fire, Contra Costa and Alameda County and Alameda City Fire Departments.
5. The City of Oakland's radio shop and the Fire Department have ACU 1000s that can be deployed to make disparate radios communicate using cloning cables. (Requires an enormous amount of portable radio batteries to be effective for an extended operation or incident.)

Working with CORE and the Amateur radio operators earlier this year in the City-wide disaster drill strengthened our interoperability within Oakland's borders. But, it also clearly demonstrated that individuals must know what their technology is capable of and they must use, drill and train on the technology frequently so in the case of a real emergency/disaster, we are able to utilize the technology and tools to communicate effectively.

Disaster First Aid Workshop - Saturday, January 27 • 9am-3pm • Fire Training Center

If you completed CORE III within the past 3 years and have not taken the Disaster First Aid Workshop, you are strongly encouraged to sign up for the next Disaster First Aid Workshop scheduled for Saturday, January 27. In this lecture, demonstration and hands-on practice workshop:

- Learn Simple Triage and Rapid Treatment
- 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



This popular workshop is facilitated by Fire Dept EMT's and CORE Instructors/Task Force members.

Register today at: www.oaklandcore.org

Neighborhood Emergency Communications - Part II



In emergencies, maintaining clear, concise, accurate information and instructions is essential. In partnership with the Oakland Radio Communications Association (ORCA), CORE will convene Part II of the Neighborhood Emergency Communications Workshop on **Saturday, February 24 from 9am - noon at the Fire Training Center**. The focus is to learn and review strategies to enhance two-way radio communication skills from your Neighborhood Incident Command Center to Ham Radio Operators at local fire stations. Participants will also review and practice basic protocols.

CORE Group Leaders, Communication Team Leaders and Members are especially encouraged to attend this workshop, as it will be good preparation for the April 2007 CORE Citywide Exercise.

Advance Registration is required via the CORE website: www.oaklandcore.org.

Organizing a Neighborhood Exercise - Saturday, March 24 • 9am-3pm at FTC

In this practical workshop, participants will:

- Learn basic principles of community organizing.
- Learn how to plan, implement and evaluate a neighborhood exercise.
- Review Command Center set-up, role of the IC and Response Teams, documenting incidents.
- Practice doing tabletop exercises

Participants will also receive a *Neighborhood Exercise Packet* and actually begin planning their next neighborhood exercise. CORE Group Leaders are encouraged to bring 3-5 members of their CORE Group to participate in this workshop. **Advance Registration Required.**

CORE Refresher - Stay tuned and check the CORE website. We want to schedule a CORE Refresher in March. However the date and location were not confirmed at publication time. Thank you for your understanding and cooperation.



Summer 2006 Graduates

**After CORE III
For Harriet**

**Pull, Aim, Squeeze and Sweep
Grab your partner and the wall
Press to stop bleeding**

**Don't rush in yourself
Be brief on the radio
Remember to rest**

**With wedges and wood
We can lift heavy objects
Working together**

by Adelle Foley

***"Understand and know that with clear vision,
positive attitude and a focused plan of action, a
small group of committed citizens can transform
their neighborhood and create a safe, beautiful
and empowered community.***

***Together, in shared purpose with others, you
can make a profound difference."***

by Harriet Y. Wright



October 28, 2006 CORE III Graduates at FTC

Oakland Fire Department
Office of Emergency Services
1605 Martin Luther King Jr. Way
Oakland, CA 94612



Address Correction Requested