



Esprit de CORE

Citizens of Oakland Respond to Emergencies

Summer 2008

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Esprit de CORE is a publication of the Oakland Fire Department

CORE Program Notes

The first six months of 2008 have been very busy for CORE staff and volunteers. In order to meet the rising demand for CORE classes from residents across the city, the CORE Program branched out this year and began offering training on the Mills College and Patten University campuses in addition to the Oakland Fire Department Training Division.



Hundreds of volunteers have already participated in CORE I, II and III classes this year, and more than 90 completed basic training to become certified CORE volunteers. A full series of CORE I, II and III will be offered again at Mills College and Patten University in the fall, supplemented by additional CORE I and II classes at the Office of Emergency Services. *See page 6 for the full schedule.*

On Saturday, April 26, hundreds of Oakland residents and volunteers participated in the CORE Citywide Emergency Response Exercise. Under the auspice of responding to a simulated earthquake, the event gave CORE-trained neighbors a chance to practice their emergency response skills, and provided an opportunity for non-CORE-trained individuals to join in the fun, learn about CORE and network with their neighbors. The focus of the event this year was to establish a Neighborhood Incident Command Center, with emphasis on the First Aid Response Team. *See pages 2-3 for additional information and photos.*

For those of you who want to connect with your neighbors who are already CORE-trained, but don't know who or where they are, the CORE Program can help you network. **If you are the leader of a neighborhood CORE Group, please submit the CORE Group Leader Roster Opt-In Form.** By letting the CORE office know where you are and how to contact you, we can refer individuals or groups in your area directly to you in order to better facilitate networking. For a copy of the Opt-In Form, please visit <http://www.oaklandnet.com/fire/core/networking> or call 510-238-6351.

Another way CORE is helping volunteers come together is with the online CORE discussion group. **Connect with other CORE-trained volunteers in your neighborhood to strengthen your local group,** or chat with individuals citywide and compare best practices. You can also start a conversation around specific topics like Neighborhood Emergency Communications, Disaster First Aid supplies and techniques, or how to organize a neighborhood exercise. Membership in the online CORE discussion group is reserved for individuals who have taken at least one CORE class. If you think you fall into this category and would like to join, please visit http://groups.google.com/group/Oakland_CORE.

The Office of Emergency Services and CORE Advisory Task Force are planning a big event this fall to further support networking around the subject of emergency preparedness. **Mark your calendars for Saturday, October 11,** and keep an eye out for event details in the coming months.

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CORE Citywide Emergency Response Exercise

Are you prepared for a disaster? Hundreds of Oakland residents asked themselves that question on Saturday, April 26 as they participated in the 3rd Annual CORE Citywide Emergency Response Exercise – an event designed to test their ability to take care of themselves and each other for the recommended 72 hours (or longer) in the aftermath of a disaster. The Exercise was organized by the Oakland Office of Emergency Services (OES).

This year 25 CORE Groups hosted the Exercise on their blocks, and were joined by hundreds of Oakland residents, City employees and community volunteers to practice responding to a simulated 6.7 earthquake and subsequent 6.0 aftershock on the Hayward Fault, centered at Lake Temescal. CORE Groups were challenged with managing their volunteers and response activities in their Neighborhood Incident Command Center (NICC), as problems in their neighborhoods were reported.

Meanwhile, Response Teams took action to mitigate the simulated problems including small fires, downed power lines, and buildings off their foundations. First Aid Response Team members received the opportunity to practice treating Volunteer Victims who had simulated cuts, burns, broken bones, head injuries and symptoms of shock.

The Exercise was followed by a Citywide Debriefing at Mills College, where representatives from each neighborhood were invited to report on their successes, challenges, and lessons learned. OES staff will use the information gathered at the Debriefing to improve future exercises and plan workshops to enhance the skills of CORE volunteers.

Be prepared for a disaster. CORE offers free classes in emergency preparedness and response. To learn more about the CORE Program or to register for upcoming classes, visit www.oaklandcore.org or call 510-238-6351.



The realism of the April 26, 2008 Exercise was greatly improved over previous years thanks to the participation of over two dozen Volunteer Victims. Early in the morning more than 25 volunteers reported to the Office of Emergency Services, where moulage (*disaster makeup*) was applied by Adele Louise Bertaud, Cathey Eide and Mark Sigsworth. After their makeup was complete, the Volunteer Victims were sent into many of the participating neighborhoods to act out their injuries and challenge local CORE volunteers to use their Disaster First Aid skills. Practicing with live victims who appeared in desperate need of medical attention brought a whole other level of immediacy to the simulation, and prepared CORE volunteers for what they are likely to see in a real disaster.

Saturday, April 26, 2008



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Hot Weather Tips

Wildfire Prevention

By now all residences and businesses in Oakland's Wildfire Prevention Assessment District should have received annual notification to have their properties in compliance with the stated regulations by June 15th, when property inspections commenced.

We have already had many early warning signs of what to expect this year including a drier than normal Spring with temperatures in the 90s, excessive growth of flammable vegetation throughout the area, and several close call fires.

Have you taken the necessary steps to clear your property of vegetation that presents a risk to you, your neighbors' properties, and your area?

There is a certain anxious feeling we in Oakland get on those hot days with gusting winds, and again when we see signs posted throughout the Wildfire Prevention Assessment District warning "High Danger/Extreme Fire Danger". We can recall stories of individuals who when confronted with a crisis situation said their minds just froze. They could not think of what to do or what to take with them when told to evacuate. What are you waiting for? We've had enough wake-up calls already.

Prevention and **Preparation** are paramount to minimizing this anxiousness, and by keeping in mind the following the reminders below, you can take control over that feeling and your safety.

Prevention:

- Follow the 10 "Standards for Developed Lots" outlined in your "Annual Inspection Notice" published by the Fire Prevention Bureau.
- Report all vegetation hazards in your area to the Vegetation Management Hotline at (510) 238-7388 or wildfireprevention@oaklandnet.com.

Preparation:

- Keep your vital documents, valuables, photos, medications, emergency contact list, etc. in an easily accessible location in case you have to evacuate.
- Create a family escape plan and meeting place away from the area.
- Identify several evacuation routes out of your area.
- Park your car facing toward an escape route to allow faster and easier evacuation.
- Post important information about your pets near your front door if you are unable to take them with you in an evacuation.

Instead of later wishing that you had taken the necessary measures to **Prevent** and **Prepare** for a catastrophic event, please take action now. Don't wait another day.

Tips for Preventing Heat-Related Illness

- Drink more fluids (nonalcoholic and low in sugar), regardless of your activity level. A sports beverage can replace the salt and minerals you lose in sweat. Don't wait until you're thirsty to drink.



- Stay indoors and, if at all possible, stay in an air-conditioned place. If your home does not have air conditioning, go to the shopping mall or public library—even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat.
- Electric fans may provide comfort, but when the temperature is in the 90s, fans will not prevent heat-related illness. Taking a cool shower or bath, or moving to an air-conditioned place is a much better way to cool off.
- Wear lightweight, light-colored, loose-fitting clothing.
- NEVER leave anyone in a closed, parked vehicle.
- Although any one at any time can suffer from heat-related illness, some people are at greater risk than others. Check regularly on: infants and young children, people aged 65 or older, people who have a mental illness, those who are physically ill, especially with heart disease or high blood pressure. Visit adults at risk at least twice a day and closely watch them for signs of heat exhaustion or heat stroke. Infants and young children, of course, need much more frequent watching.
- Limit your outdoor activity to the morning and evening.
- Try to rest often in shady areas.
- Cut down on exercise. If you must exercise, drink 2 to 4 glasses of cool, nonalcoholic fluids each hour.
- Protect yourself from the sun by wearing a wide-brimmed hat and sunglasses and by putting on sunscreen of SPF 15 or higher (the most effective products say "broad spectrum" or "UVA/UVB protection" on labels).



Tips from the Center for Disease Control and Prevention, <http://www.bt.cdc.gov/disasters/extremeheat/heattips.asp>

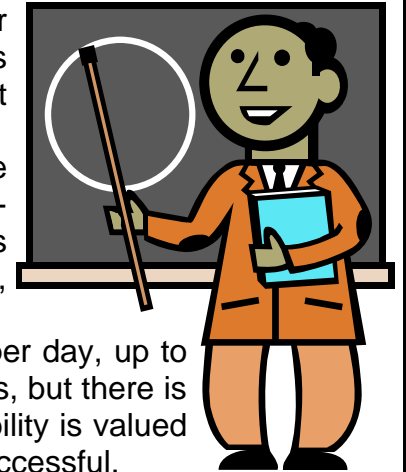
CORE Volunteer Highlights

Calling Future Instructors!

The Office of Emergency Services is currently recruiting four new part-time instructors for the CORE Program. CORE Instructors teach CORE I and CORE II classes regularly, and occasionally assist with CORE III classes and workshops as needed.

Applicants should be CORE graduates and must be available for a one day CORE Instructor Train-the-Trainer workshop before beginning to teach. In addition to a passion for preparedness, applicants should have experience with some combination of public speaking, teaching, and community organizing.

The teaching positions involve a time commitment of 4 hours per day, up to two times per week. Most of our classes are held on weekday evenings, but there is also an occasional need for daytime and Saturday availability, so flexibility is valued highly. Modest compensation may be available if grant requests are successful.



If you are interested in becoming an Instructor for the CORE Program, please send a resume outlining your qualifications to core@oaklandnet.com.

CORE Community Spotlight on John Rabold

In this inaugural edition of the CORE Community Spotlight, we honor John Rabold, CORE volunteer and resident of the Upper Ascot neighborhood in Council District 4. John's passions include classical music and the high Sierra, and he has a cat named Alex.



What motivated you to get involved with CORE? In my public safety volunteer job with the East Bay Regional Park District, hiking on park trails, I realized that the most satisfying part of that job to me is aiding park visitors who need help, and then I realized that I did not know very much about how I could help my own neighbors in a local disaster. An acquaintance in an adjacent neighborhood had been encouraging me to get CORE training, so I did.

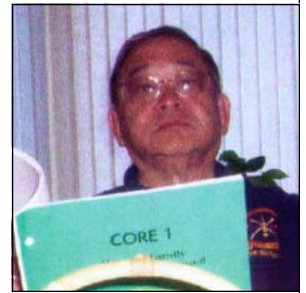
What do you like most about being involved with the CORE Program? I like thinking about the big picture, about what a response to a disaster will be like for the city as a whole and down to individual neighborhoods, and then contributing something from my own knowledge and skills that will most improve that big picture.

What unique item is kept in your emergency supply kit? The most unusual item is probably my little backpacking stove. The early-1970s kind of stove I have isn't much used anymore, but it is very reliable.

What would you say to motivate someone to get more involved with CORE? I would say that being involved with CORE is a wonderful way to help your neighborhood and community at the same time you are benefiting yourself and your family. CORE puts you in touch with neighbors who also care about the neighborhood and community, and they will be good friends to have for many reasons.

CORE Community Spotlight on Ed Ono

This season we also recognize Ed Ono for his contributions to the CORE Program as a CORE Advisory Task Force member and Instructor. Ed is a retired bank auditor and former army teacher who lives in the Hiller Highlands neighborhood in Council District 1 with his wife Rosalind.



What motivated you to get involved with CORE? I got involved after we bought a rebuilt home that burned down 1991. The Hiller Highlands CORE Groups are very active and invited me to attend a CORE I class. I completed the CORE training and joined the Hiller Highlands Task Force. The Task Force represents all 400 homes. I went on to join the CORE Task Force and began to teach classes.

What unique item is kept in your emergency supply kit? I have a Garmin [GPS device] in my car. I use it to give me directions to addresses where I teach classes. It runs on power from the car's cigarette lighter. It can also give you directions to nearest fire and police stations and hospitals.

What CORE activity are you most looking forward to in the next 12 months? I look forward to teaching more classes. I also enjoy attending CORE Graduations, when community members who have taken the time and effort to complete the training are recognized. The graduates are so motivated to help their family, friends and neighbors.

What would you say to motivate someone to get more involved with CORE? If you have the time and skills to pass on the CORE message, if you enjoy working with professionals who take pride in getting out the information that may save lives and property, you may want to look into joining the CORE family in the Oakland Fire Department.

Basic CORE Class Schedule

CORE I: Home and Family Preparedness

(please choose one session)

| | | | |
|-------------------------|-----------------|-------------------|----------------------------------|
| Wednesday, Jul 23, 2008 | 3:00pm - 5:30pm | OES Media Room | 1605 Martin Luther King, Jr. Way |
| Thursday, Aug 28, 2008 | 6:30pm - 9:00pm | Mills College | 5000 MacArthur Boulevard |
| Tuesday, Sep 23, 2008 | 6:30pm - 9:00pm | Patten University | 2433 Coolidge Avenue |
| Wednesday, Oct 29, 2008 | 3:00pm - 5:30pm | OES Media Room | 1605 Martin Luther King, Jr. Way |

CORE II: Neighborhood Preparedness and Response

(please choose one session)

| | | | |
|-------------------------|-----------------|-------------------|----------------------------------|
| Wednesday, Jul 30, 2008 | 3:00pm - 5:30pm | OES Media Room | 1605 Martin Luther King, Jr. Way |
| Thursday, Sep 4, 2008 | 6:30pm - 9:00pm | Mills College | 5000 MacArthur Boulevard |
| Tuesday, Sep 30, 2008 | 6:30pm - 9:00pm | Patten University | 2433 Coolidge Avenue |
| Wednesday, Nov 5, 2008 | 3:00pm - 5:30pm | OES Media Room | 1605 Martin Luther King, Jr. Way |

CORE III: Emergency Response Hands-On Training

(please choose one group of four classes)

Group 4

| | | | |
|------------------------|-----------------|---------------|--------------------------|
| Thursday, Sep 11, 2008 | 6:00pm - 9:00pm | Mills College | 5000 MacArthur Boulevard |
| Thursday, Sep 18, 2008 | 6:00pm - 9:00pm | Mills College | 5000 MacArthur Boulevard |
| Thursday, Sep 25, 2008 | 6:00pm - 9:00pm | Mills College | 5000 MacArthur Boulevard |
| Saturday, Sep 27, 2008 | 9:00am - 3:00pm | Mills College | 5000 MacArthur Boulevard |

Group 5

| | | | |
|----------------------------|-----------------|-------------------|----------------------|
| Tuesday, October 7, 2008 | 6:00pm - 9:00pm | Patten University | 2433 Coolidge Avenue |
| Tuesday, October 14, 2008 | 6:00pm - 9:00pm | Patten University | 2433 Coolidge Avenue |
| Tuesday, October 21, 2008 | 6:00pm - 9:00pm | Patten University | 2433 Coolidge Avenue |
| Saturday, October 25, 2008 | 9:00am - 3:00pm | Patten University | 2433 Coolidge Avenue |

Please note that participants must attend CORE I, CORE II, and all four classes in a CORE III series to complete their basic emergency preparedness training, and become a certified CORE volunteer.

Advanced CORE Workshop Schedule (for CORE Graduates only)

Effectively Managing Your Neighborhood Incident Command Center

Saturday, August 23 • 9am - 3pm
Location TBD

Review and practice the functions of the Neighborhood Incident Commander.

Develop skills to make sound decisions under emergency conditions, including:

- managing a neighborhood command center
 - dispatching response teams
 - prioritizing information.



Role-play the positions of Neighborhood Incident Commander, Deputy Incident Commander and Scribe with different scenarios.

Managing Stress During Emergencies

Saturday, September 20 • 9am - 1pm
OES Media Room
1605 Martin Luther King, Jr. Way

Review disaster-related stress symptoms & learn principles of Critical Incident Stress Management and Debriefing.



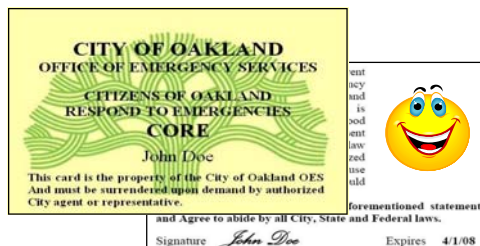
Practice providing "psychological first aid" and become more comfortable handling communication appropriately in a stressful emergency situation. You will also learn how to promote response team well-being before, during and after an emergency incident.

CORE Refresher

Saturday, October 25 • 8:30am - 1pm
Patten University
2433 Coolidge Ave.

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

- Update your CORE ID badge and Disaster Service Worker form
- Review basic principles of emergency preparedness and response
- Practice hands-on emergency response skills



Disaster First Aid

Saturday, November 8 • 9am - 4pm
Location TBD

This popular workshop provides extensive hands-on training about how to do the greatest good for the greatest number in a disaster. We will build on material touched upon in CORE III and give participants a chance to practice several different hands-on skills.



- 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

ADVANCE REGISTRATION REQUIRED FOR ALL CLASSES AND WORKSHOPS.

www.oaklandcore.org • core@oaklandnet.com • 510-238-6351

Save the dates!

• **Tuesday, August 5, 2008**

National Night Out

Plan a block party with your neighbors for a night out against crime (*and while you're getting to know your neighbors, use the opportunity to discuss preparing for emergencies!*). To register your party or get more information, visit <http://www.oaklandnet.com/nno2008.html>.

• **Saturday, October 11, 2008**

CORE Community Fair

Stay tuned for more information about this first of its kind event for the CORE community. This is your chance to network with volunteers from across the city, connect with others in your area, and strengthen your neighborhood's CORE Group.



CORE Group Bulletin Board

Burlington St. in the Dimond District is making sure that when we face our next big disaster, our members and neighborhoods are ready. We believe that one of the most important steps is working with your neighbors to organize and prepare. We have been having drills for three years and have our own disaster equipment shed.

**If you live in the
Dimond/Oakmore/Woodminster area
and would like to organize your neighborhood,
we can help.**

**Contact Meg Bowerman at
510-531-7139 or
LMJTBOW@pacbell.net**

Our schedule for the fall:
Damage Assessment Mini Drill: September 27, 9am

First Aid Mini Drill: October 18, 9am
(visit <http://www.redcross.org/> for training)

Communications Mini Drill: November 15, 9am

The CORE Bulletin Board features requests from you, our readers, to connect with other CORE volunteers. If you would like include a similar appeal in the next issue, send the details of your request with your contact information to the newsletter editor at core@oaklandnet.com or fax to 510-238-7761.



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

Address Correction Requested