



# Esprit de CORE

## Citizens of Oakland Respond to Emergencies

WINTER 2008

Editor: DEMETRIUS B. WREN

Esprit de CORE is a publication of the Oakland Fire Department

### CORE Notes

Between July and December of 2007, 1312 residents received training in CORE I, II, and/or III. We trained 91 residents in our CORE workshops and connected with 356 residents at outreach events. These numbers include the Chinese and Spanish speaking communities.



In October and November 2007 we conducted a CORE Train-the-Trainer session, two CORE III series, and the workshops: Chinese Critical Incident Stress Management and Stress Management During Emergencies. Our Fall Graduation was a great success with Oakland City Councilmembers Henry Chang (At-Large) and Jean Quan (District 4), Fire Department Chief Daniel Farrell and OES Director Renee Domingo in attendance to welcome our newest CORE family members.

This Spring we are opening up our training opportunities by increasing our instructor pool and planning a great citywide exercise. We worked out agreements with Mills and Patten Colleges to conduct CORE I, II, III training on their campuses. This will allow us to bring CORE training further out into the community.

We just brought on an additional eight instructors from the Oakland community to be CORE I and II trainers, as well as 31 new Fire-fighter instructors for CORE III training. If you are interested in becoming a CORE Instructor, call the CORE Coordinator at 510-238-6351 or send an email to core@oaklandnet.com.

### Citywide Exercise

**CORE Citywide Emergency Response Exercise  
SATURDAY, APRIL 26, 2008, 9am to 12pm.**

The CORE Citywide Exercise Planning Team has been working with OES staff to determine the focus of year's Exercise, promote and recruit participation, and assist with implementation and evaluation. **The goal of the April 26, 2008 CORE Exercise is for participating CORE Groups to establish and operate a Neighborhood Incident Command Center (NICC) focusing on the First Aid Response Team.**

We encourage all CORE Groups to participate in this Exercise so that we can help facilitate more networking, training within neighborhood groups and offer support to help sustain, motivate and enrich these groups. As organized groups you are the backbone of your neighborhood and a critical resource to maintain the safety, health and well-being of your neighborhood. **If you have not yet responded to participate in this event, please contact us immediately at (510) 238-6351 or core@oaklandnet.com.**

If your neighbors are unable to take part this year, we welcome the participation of individual CORE members in the Exercise. Contact our office and we will match you up with a participating CORE Group in another neighborhood, where you can be an Exercise Monitor, Volunteer Victim, or a regular CORE-trained volunteer.

#### In this issue:

CORE Notes .....	1
Citywide Exercise .....	1
Messages from Departing Staff .....	2
Chinese CORE Program Update .....	3
CORE Outreach Update .....	4
CORE-Razón Program Update .....	4
Upcoming Classes and Workshops .....	5
Increase Your Participation in CORE .....	6
CORE Group Leader Roster Opt-In Form .....	7
CORE Group Bulletin Board .....	8

## Messages from Departing CORE Staff

Dear CORE Family:

As I come to the close of my tenure with the Oakland Fire Department and City of Oakland employment, I want to share some thoughts. I'm grateful for the opportunity to have served the Oakland community and worked with emergency services professionals in a range of capacities. My greatest pleasure has been working with you, the residents of Oakland who have actively participated in the CORE Program. You are to be commended for your commitment to emergency preparedness and response training, organizing your neighborhood and helping to ensure that you, your families and neighbors are able to cope with the challenges of a major emergency or disaster.



Some of you have taken on significant leadership in your neighborhood and encouraged others to get involved. I sincerely hope that you will continue your involvement in the CORE Program, perhaps by becoming an Instructor or joining the CORE Advisory Task Force and continuing to organize within your neighborhood.

Therefore, I want to thank those of you that I have worked with and gotten to know. When I reflect, I choose to hold onto the warm positive memories and meaningful friendships. I certainly wish each of you the best in your personal, business and community pursuits. Perhaps our paths will cross again in the future, perhaps not. Nonetheless, I depart joyfully and gratefully, knowing in my heart that all is in divine order.

Peace and Blessings, *Harriet*

CORE Family,

This edition of Esprit de CORE is full of transition. In February, I too will be leaving the City of Oakland to become a civilian Exercise Planner for United States Coast Guard.

I would like to personally thank you for all of your time and support throughout 2007. CORE is a wonderful program that has great potential. I challenge all to become more involved with the program to help make it yours.

Exercise your voice by attending CORE Advisory Task Force meetings (the first Tuesday of each month from 6:30 to 8:30pm at the Office of Emergency Services, 1605 Martin Luther King, Jr. Way) and consider becoming a member. Become a CORE Instructor. Teaching is one of the best ways to increase your knowledge about disaster preparedness as well as meet your fellow residents.

Finally, come to some of the workshops to increase your skill level. Good luck in the future and God bless.

Sincerely,

Demetrius B. Wren



# Chinese CORE Program Update

## Chinese CORE

Translated by Ann Li

The Hayward fault line that runs underneath the City of Oakland is well known to someday cause a big earthquake. Residents can rest assured if they know they can learn more about emergency preparedness and increase their chances of survival both for themselves and their loved ones. This was the reason for the establishment of the "Citizens of Oakland Respond to Emergencies (CORE)". This program's goal is to promote a spirit of, "neighbor helping neighbor" and to give the highest quality training in emergency and disaster prevention, preparedness and response/recovery. With the number of monolingual residents living in the County, additional funding from the Oakland Fire Department was granted and training in Cantonese was made available.

Ann Li, the Cantonese CORE instructor, teaches Cantonese CORE classes at the OPD Chinatown substation. The Fire Department funding for the Cantonese CORE classes provided a great opportunity for the Chinese community to be well prepared for emergencies and in the area of residential hazard reduction. "There are three levels of training," Li explained.

"Level I focuses on the personal or household level of emergency preparedness and residential hazard reduction; Level II involves neighbors forming a helping network in the community; and Level III teaches response tactics, the assessment of an emergency situation, and hands-on skills practice and development."



Each Cantonese CORE class has a required minimum of 10 participants. Class time is on Mondays, from 6pm to 9pm. Participants are required to register by contacting Ms. Ann Li at 1-800-203-7367.

A total of eight Cantonese CORE classes have already taken place. Li stated all graduate students of the CORE classes will receive an identification card issued for two years, certifying that the person is trained and ready to participate in helping save lives in real life emergency situations.

Most people believe disasters are unlikely to strike, but the 911 terrorist attacks and Hurricane Katrina set as great examples of how important it is to be prepared for disasters and unpredictable situations. More and more people are becoming aware of this need and are willing to take classes such as CORE. With the funding made available for the Cantonese-speaking residents, monolingual residents must take full advantage of this great opportunity before funding runs out.

*Reprinted with permission from Sing Tao Daily  
Article Published on July 25th, 2007*

## Spotlight on... Ann Li

Ann Li is CORE's Chinese Outreach Coordinator. Ann has been a dedicated CORE Instructor who came on board as Contract Staff to bring more residents into the Chinese CORE program. Ann has been doing an incredible job in the Chinese community training over 305 citizens between July and December of 2007. The Chinese CORE Instructors facilitated a Sheltering Exercise at the Oakland Parks and Recreation Lincoln Center (see article above), training 75 community members. This sheltering exercise helped the community, OES staff, and the Oakland Parks and Recreation staff to better understand the requirements and needs for conducting shelter operations during a real emergency.

Ann is also on the subcommittee for CORE Leadership within the Chinatown Neighborhood Community Policing Council.



## Updates on CORE Outreach and the CORE-Razón Program

### CORE Outreach Update

by Demetrius Wren

The outreach program has taken great strides over the past year. It has been a pleasure to meet so many residents of Oakland and tell them about CORE. For those of you whom I instructed, welcome to the CORE family.

Using the “Man on the Street” approach, I visited many neighborhoods in East Oakland telling them about the CORE Program. From there, I conducted CORE overviews, table events and training by collaborating with the City’s Senior Centers, Oakland Unified School District’s Early Childhood Education Department, Disaster Ambassadors for Animals, the Oakland Museum, Oakland Public Library, Dunsmuir House, Allen Temple Arms, Allen Temple Gardens, Providence House, Oakland Museum of California, and Karen Hester (organizer of the Temescal Street Fair and Out and About Rockridge).

I also collaborated with Disaster Ambassadors for Animals (DAFA), a subcommittee of Alameda County Disaster Planning for Pets. I primarily worked with Karen Oberdorfer at CORE table events, Overviews, and training. Working with DAFA has been beneficial because they provide specialized knowledge about pets and pet preparedness.

Another example of building strong relationships is my collaboration with Oakland’s Senior Centers. I worked with the Downtown Oakland, East Oakland, North Oakland, and West Oakland Senior Center Directors. Mary Norton, Director of the North Oakland Senior Center (NOSC), welcomed CORE with open arms. Her staff created beautiful banners and fliers on days we conducted CORE events and ensured I had everything I needed.

My favorite experience came when OES established the schedule for our participation in National Preparedness Month. I called Mary to ask if we could conduct a Special Needs Program for Seniors at the NOSC and even though the Center’s schedule was filled, she worked with it and made room for the CORE presentation.



### CORE-Razón Program Update

by Emiliana Scott Texler

CORE-Razón is part of our efforts to expand CORE to include communities of Spanish speakers in disaster preparation. Due to the nature of community structures within immigrant communities, CORE-Razón looks to integrate Spanish speakers into the CORE program at the community center level.



Our efforts have been directed at community centers and schools to familiarize recent immigrants with the role of Oakland Firefighters. Volunteers have attended fairs, festivals, street markets, health clinics and more in an effort to share basic disaster information with Spanish speakers of Oakland and to assess community needs and interests.

---

### Spotlight on... Emiliana Scott-Texler

Emiliana is an AmeriCorps VISTA volunteer who has been CORE’s Spanish Outreach Coordinator since April 2007. Emiliana created the CORE Razón program. Emiliana serves for one year as part of a three-year agreement between the City of Oakland and AmeriCorps.

Emiliana initially developed an interest in Emergency Management while responding in Florida during the hurricane season of 2004. During this time she worked as a Spanish-English translator for the Red Cross and was horrified at the low level of preparedness. She has a lifelong background in community involvement and five years of project development experience. She currently lives on the sailboat which she and her brother plan to circumnavigate as part of a two-year plan. Emiliana is passionate about personal empowerment and transformation, and community lead initiatives.

The VISTA program has volunteers of all ages and backgrounds. For more information see the website [www.americorps.org](http://www.americorps.org).

## Upcoming CORE Classes and Workshops

### CORE I: Home and Family Preparedness

Monday, April 14 • 6:30pm - 9pm or Thursday, May 29 • 6:30pm - 9pm  
OES • 1605 Martin Luther King, Jr. Way

### CORE II: Neighborhood Preparedness and Response

Monday, April 21 • 6:30pm - 9pm or Thursday, June 5 • 6:30pm - 9pm  
OES • 1605 Martin Luther King, Jr. Way

### CORE III: Emergency Response Hands-On Training

*(four-part series)*

Tuesday, April 29 • 6pm - 9pm  
Tuesday, May 6 • 6pm - 9pm  
Tuesday, May 13 • 6pm - 9pm  
Saturday, May 17 • 9am - 3pm  
OFD Training Division • 250 Victory Court

### Disaster First Aid

Saturday, April 19 • 9am - 4pm  
OFD Training Division • 250 Victory Court

This popular workshop provides extensive hands-on training and practice in how to do the greatest good for the greatest number in a disaster.



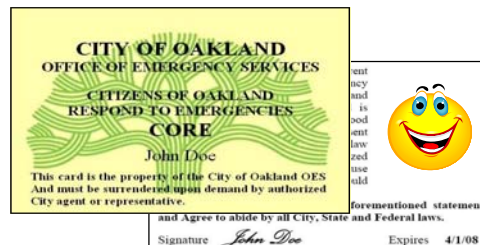
- Learn Simple Triage and Rapid Treatment (START)
- Recognize and Treat Life-Threatening Conditions
- Conduct Head-to-Toe Assessments
- Practice Safe Lifts and Carries
- Prioritize and Treat Common Injuries
- Set Up and Manage a First Aid Station

### CORE Refresher

Saturday, June 28 • 9am - 1pm  
OFD Training Division • 250 Victory Court

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 and Disaster Service Worker form
- Review basic principles of emergency preparedness and response
- Practice hands-on response skills such as using a fire extinguisher, conducting a systematic search, performing Disaster First Aid, and using a two-way radio



**ADVANCE REGISTRATION REQUIRED FOR ALL WORKSHOPS.**

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

## Increase Your Participation in the CORE Program

### New Opportunities to Network with CORE Community

by Kaity Booth

There are many ways to get involved in emergency preparedness beyond preparing supplies and getting response skills training. Below are three methods you can employ to connect with other CORE members and be an active participant in the CORE Program.

- CORE has created a new process that will allow individuals and neighborhoods in Oakland access to a roster of CORE Group Leaders. If you are a CORE Group Leader, we encourage you to submit a completed Opt-In form at your earliest convenience. (A copy of this form can be found on page 7 of this issue of Esprit de CORE and at [www.oaklandcore.org](http://www.oaklandcore.org).) Share as much or as little information as you like, and rest assured that your privacy is a top priority for CORE staff. Once we have your data on the roster, Oakland community members who call CORE staff and tell us what part of the city they are from can obtain contact information for the closest CORE Group Leader.
- Since the CORE database is not currently searchable by distance, it has been next to impossible for our staff to provide inquiring CORE members with information on other CORE members in their area. It's a simple question: "who else in my area has CORE training?" Up until now it's been hard to answer, but there is a new way CORE members can network with others in their area, or city-wide, by using the official CORE Google Group. This OES-approved online discussion group provides the tools and organization necessary to facilitate citywide networking. Membership in the Google Group is reserved for individuals who have already participated in at least one CORE class or event. **To join visit [http://groups.google.com/group/Oakland\\_CORE](http://groups.google.com/group/Oakland_CORE).**
- If your neighborhood already has an online group or website, consider sharing it with CORE staff for inclusion in the CORE Group Leader Roster, or advertise it on the official CORE Google Group.



### Calling All Volunteer Victims!

CORE needs individuals like yourself with a passion for disaster preparedness and occasional Saturday availability. Each time we run through a simulated exercise (like CORE III Hands-On Training and the Citywide Emergency Response Exercise), we need at least a few "volunteer victims". They show up about an hour before the exercise starts to get into moulage (disaster make-up), then play the part of a victim with a particular injury (3rd degree burn, broken leg, head injury, etc.). This gives CORE volunteers an opportunity to test their Disaster First Aid skills on a "real" victim, and it makes the overall exercise seem much more real.



If you would like to be a Volunteer Victim, please send an email to [core@oaklandnet.com](mailto:core@oaklandnet.com) or call CORE at 510-238-6351. Thank you!

### CORE Advisory Task Force Updates

The CORE Advisory Task Force would like to welcome new Task Force member **Don Reed** and new CORE Instructors **David Bolanos, Phil Bacuyani, Melvin Ho, Dana Kirkpatrick, Jim Leeper, Karen Lytle, Della Mundy, Niviece Robinson, Susan Savage, and Carol Strickman.**

Task Force priorities for 2008 include: our professional Marketing and Media campaign; introducing CORE I and II curriculum revisions; conducting Firefighter Train-the-Trainers; our CORE Citywide Emergency Response Exercise on April 26, 2008; refining our CORE database and GIS project; bringing our CORE Groups closer via the Internet; and providing CORE Overviews for the Oakland Police Department's Patrol Officers, Strategic Area Commanders, Neighborhood Services Coordinators, and Problem Solving Officers.

**Do you have ideas about improving the CORE Program? Come to our Task Force meetings and voice your opinion. The meetings take place the first Tuesday of the month from 6:30 to 8:30pm at 1605 Martin Luther King, Jr. Way and are open to the public. We welcome your suggestions and ideas!**



## CORE Group Leader Roster Opt-In Form

The CORE Program regularly receives requests from community members who want to connect with other CORE-trained individuals in their area. In response to these frequent inquiries, we have initiated a new system that will allow interested individuals and groups access to a roster of CORE Group Leaders throughout the City of Oakland.

The information included in the roster will be the names of CORE Group Leaders, whatever personal contact information they wish to share, along with the name of his or her CORE Group and its geographic location or neighborhood (i.e., Chinatown, Fruitvale, Montclair, etc.).

The purpose of this form is to allow you as a Group Leader to let us know what information you want shared. You are not required to participate in this roster, but by sharing at least your name, one form of contact information, and your group name and location, it will allow people who live in your area to make contact with you and potentially join your CORE Group. Our hope is that this system will drastically improve the ability of those with CORE training to network with each other, strengthen CORE Groups, and enhance the CORE experience for all.

We request that you share all of the information requested in the box below, but at the very minimum we would like your name, group name & location, and an email address. If your CORE Group has more than one leader, please complete a separate form for each individual.

This information will be available to anyone who requests it from our office, but we will not publish this list on the CORE website or in any mailings.

**Please complete this form at your earliest convenience and return to the CORE Program via email to [core@oaklandnet.com](mailto:core@oaklandnet.com), fax to 510-238-7761, or mail a hard copy to 1605 Martin Luther King, Jr. Way, Oakland, CA 94612.**

Group Name (if applicable) \_\_\_\_\_

Neighborhood/Geographical Region \_\_\_\_\_

Leader Name \_\_\_\_\_

Email Address \_\_\_\_\_

Phone Number \_\_\_\_\_

Address \_\_\_\_\_

3rd Annual  
**CORE**  
CITYWIDE EMERGENCY  
RESPONSE EXERCISE



Saturday,  
April 26, 2008  
9:00am - 12:00pm

To confirm your participation  
contact the CORE Coordinator  
at **core@oaklandnet.com**  
or **510-238-6351**.

Visit **www.oaklandcore.org**  
for additional information.



**CORE Group  
Bulletin Board**

**NEW!**

**Piedmont Pines Residents:  
Organize Your Neighborhood!**

Piedmont Pines 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.

If you live in Piedmont Pines and would like to organize your neighborhood, we can help.

**Contact Ryan Hatcher at  
510-666-8863 or  
[piedmontpines@gmail.com](mailto:piedmontpines@gmail.com).**

*The CORE Bulletin Board is a new element of Esprit de CORE featuring requests from you, our readers, to connect with other CORE volunteers. If you would like include a similar appeal in the next issue, please send the details of your request along with your name and contact information to the newsletter editor at [core@oaklandnet.com](mailto: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