



Portland Neighborhood Emergency Teams BULLETIN

Volume 4, Issue 6

Published 2016/08/11

Front Page Announcements

The **Mitigation Action Plan (MAP) draft** is uploaded and PBEM is seeking public comment: [click here](#) for more information!

PortlandPrepares is looking for content! Your fellow NET volunteers have put together an awesome community website. Have you seen it yet? <https://portlandprepares.org/>

Courtney Patterson, PBEM's new Ops Manager (taking over from Dave Blitzer)



We are looking for NETs to write blog articles relevant to being a NET volunteer. If you have an idea you'd like to share with the NET community, please have a look at Guest Blogger Submission Guidelines: <https://portlandprepares.org/blog/guest-blogger-submissions/>

If you write a blog article, please log the time as **PROGRAM SERVICE**.

I have added a feature on the volunteer profiles that allows you to add a **NET "secondary affiliation"**. Each of you have a "primary affiliation" with NET, and that is your home team...for example, mie is Irvington NET. But I also work in Lents. If there were a deployment during work hours, I would link up with Lents and I indicate that on my profile as my "secondary affiliation".

To input your own secondary affiliation, please [log into your profile](#) and click "**My Profile**". Close to the top of your profile you will see a drop down for "Secondary NET Affiliation". Select yours and hit the green "Save" button.

NET Calendar Summary

Portland State University is also looking at building a campus CERT, and we would like to identify PSU employees. If you work for PSU, you can now choose “Portland State” as your secondary affiliation.

Finally, please don't forget that news items, equipment recommendations, and much more are now being posted on the [NET Tumblr](#). I have also made the tags easier to find by alphabetizing them and placing them in a list. Check it out, and share with interested neighbors!

Date	Event	Start Time	Location/Notes
★ 08/15	Arbor Lodge/Kenton NET	7:00 pm	Kenton Firehouse, 8105 N Brandon Avenue
★ 08/16	Sunnyside NET	7:00 pm	Southeast Uplift, 3534 SE Main Street
★ 08/16	MAP Summer Social (see item #1 below)	5:45 pm	Wallace Park, 1600 NW 25th Avenue
★ 08/17	MAP Summer Social (see item #1 below)	5:45 pm	Columbia Park, 7701 N Chautauqua Boulevard
★ 08/22	Sunday Parkways: SE Portland (looking for outreach help)	10:00 am	TBA; see item #13 below
★ 08/22	Concordia NET	Email	Concordia University Library, 2900 NE Liberty Street For time, email TL: concordiaNETs@gmail.com
★ 08/22	Sabin NET	7:00 pm	Whole Foods Community Room, 3535 NE 15th Avenue
★ 08/23	Sellwood NET	7:00 pm	SMILE Station, 8210 SE 13th Avenue
★ 08/23	MAP Summer Social (see item #1 below)	5:45 pm	Lents Park, SE 92nd Ave & Holgate Boulevard
★ 08/24	Irvington NET	7:00 pm	Westminster Presbyterian, 1624 NE Hancock
★ 08/27	CERT Leadership Class in Gleneden Beach (see item #6 below)	8:00 am	Gleneden Beach

Date	Event	Start Time	Location/Notes
★ 08/30	MAP Summer Social (see item #1 below)	5:45 pm	Gabriel Park, 3800-, 4048 SW Vermont Street
★ 08/30	WEBINAR: Coping with the Loss of Pets after a Disaster	11:00 am	See item #12 below for details
★ 08/31	Hayden Island NET	TBA	Email TL: graham.b.perkins@gmail.com
★ 08/31	WEBINAR: "Preparing to Deploy"	11:00 am	See item #11 below
★ 09/05	Hazelwood/Mill Park/Powellhurst NET	6:30 pm	Sunnyside Adventist Church 10501 Southeast Market Street
★ 09/05	Woodstock/SE NETs	6:30 pm	Email TL: markjginsberg@yahoo.com
★ 09/08	Beaumont-Wilshire/Alameda NET	7:00 pm	Email TL: conbricca@gmail.com
★ 09/12	Buckman NET	6:00 pm	Hinson Baptist, 1137 SE 20th Avenue
★ 09/13	Hollywood/Rose City Park NET	6:30 pm	1505 NE 46th
★ 09/13	Kaiser Permanente Safety Fair (seeking volunteers for outreach; see item #9 below)	10:00 am	500 NE Multnomah Street
★ 09/14	Hayhurst NET	6:45 pm	Alpenrose Dairy, Ice Cream Parlor, 6149 SW Shattuck Road
★ 09/14	Hosford-Abernethy	7:15 pm	Email TL: net@handpdx.org
★ 09/15	Multnomah Village NET	6:30 pm	Email TL: multvnet@gmail.com
★ 09/18	South Tabor Community Harvest Fest (looking for outreach volunteers, please see item #10 below)	12:00 pm	South Tabor; see below for more details.
★ 09/19	Downtown NET (two great speakers; all NETs welcome; see #3 below for details)	5:30 pm	Central Library, 801 SW 10th Avenue
★ 10/13 - 10/22	Women's Ham Radio Technician Class (see attached flyer for details); RSVP required; six class sessions.	Varied; see flyer	7607 NE 26th Avenue, Vancouver WA

NET Calendar Items

- 1. Mitigation Action Plan (MAP) Summer Socials:** PBEM is requesting the assistance of NET volunteers to help promote the draft Mitigation Action Plan (MAP). The Summer Social events will be open-house type events, which will have maps and posters for folks to peruse. There will be games, an erupting volcano (a fake one!), and a liquefaction demonstration. The events are to help people become aware of natural hazards in their region, what the city is doing to reduce their risk, and ways they can empower themselves (including becoming NETs). NETs helping at the events will be staffed at the volcano and liquefaction tables. **Yeah, this will be a fun event. For more information** (including times/locations and to sign up to help present, please go to: <http://www.signupgenius.com/go/20f0d4cafa923a7fc1-mitigation> **FOR MSC, LOG AS OUTREACH**
- 2. 2016 NW CitizenCorps Expo:** It's pretty late in the game to let you know about this, since it's on August 13. But it's cheap and it looks like there are some good seminars. Information is at: <http://www.nwcitizencorps-expo.com/> **FOR MSC, LOG AS CONVENTION**
- 3. Psychological First Aid:** Each of us handles stress in different ways, and disasters are particularly stressful for everyone. This session introduces you to Psychological First Aid, an approach that provides you with basic techniques to recognize and respond to signs of stress in yourself and those around you. Using the principles of PFA, you will be better able to cope and effectively assist anyone you come in contact with, including victims, family members, and coworkers. **Doug Dicharry, MD** and **Kay Koelemay, MD, MPH**. Both Doug and Kay are CERTs in Washington and who often attend the Portland Downtown NET meetings when they are in town. Monday, September 19 at 5:30, Portland Downtown Central Library. **FOR MSC, LOG AS ADVANCED TRAINING**
- 4. NETs and Working with Children:** Volunteer William Singer is interested in working on a training module for NETs on how to work with kids in a disaster. If this topic interests you and you have expertise you'd like to contribute, please contact him. His email is: wills@pdxjustice.org. **FOR MSC, LOG AS PROGRAM SERVICE**
- 5. Jo Becker/Animals in Disaster Survey:** Jo Becker (who often gets pet preparedness presentations) is conducting a market survey and is inviting NETs to take about three minutes to complete it. People who take it are entered into a drawing for an Olive Garden gift certificate (hey, O.G. is great for carb loading). The survey is here: <https://www.surveymonkey.com/r/8W2SBHR>.

NET Calendar Items

- 6. Class - CERT Tools for Leadership Success:** In this four-hour module, CERT members will learn: 1) How CERT Basic Training concepts relate to leadership; 2) The characteristics, skills and responsibilities of team leaders, and how leaders and members interact; 3) Different styles of leadership and how they apply to CERT situations; 4) Examples of how CERT leaders run successful team operations. More information attached to this bulletin. Class is free, from 8 - 12 on August 27, in Glenedne Beach.

FOR MSC, LOG AS ADVANCED TRAINING
- 7. Portland Public Schools - “Parents for Preparedness”:** As many of you know, Portland Public Schools is working on seismic retrofits; but, of course, those take many years. A group of parents are emerging in the PPS community to work with PTAs, teachers, and others to tackle the more accessible issues: improving emergency communications plans and contacts, performing non-structural retrofits in the classroom, encouraging drills and preparedness education, etc. If you are interested in contacting this group and pitching your support, the contacts are: Ted Wolf, edwardwolf@me.com, and Susan Romanski, susan.romanski@gmail.com.
- 8. Patients/SUV actors needed on August 27:** Actors requested for Scenario Village exercise on August 27 in the morning. SUVs and patients. Great training opportunity for NETs. [Click here](#) for info/location/RSVP!

FOR MSC, LOG AS PROGRAM SERVICE
- 9. Kaiser Safety Fair:** Tuesday, Sept. 13 – 10 a.m. to 2 p.m. Two NETs are needed to talk about the NET and BEECN programs and promote emergency preparedness at the Kaiser building, 500 NE Multnomah St in NE Portland. Please email Felicia Heaton by Friday, Aug. 19, if you’re available: Felicia.heaton@portlandoregon.gov.

FOR MSC, LOG AS OUTREACH
- 10. South Tabor Harvest Fest:** September 18, from noon to 4 p.m. Community-building (7th Annual) “Harvest Fest” for the South Tabor Neighborhood. BBQ corn on the cob, FREE fresh pressed cider, FREE arts & crafts, FREE face painting, handmade local craft vendors, LIVE music, veggie/plant/tool/seed swap! 68th & SE Clinton, where NETS would staff an info table in hopes of gathering new volunteers! Looking for between two and four volunteers (full shifts or half shifts, respectively). If you are available, please email NET Duane Hanson: Duanehanson1122@gmail.com. Looks like fun!

FOR MSC, LOG AS OUTREACH

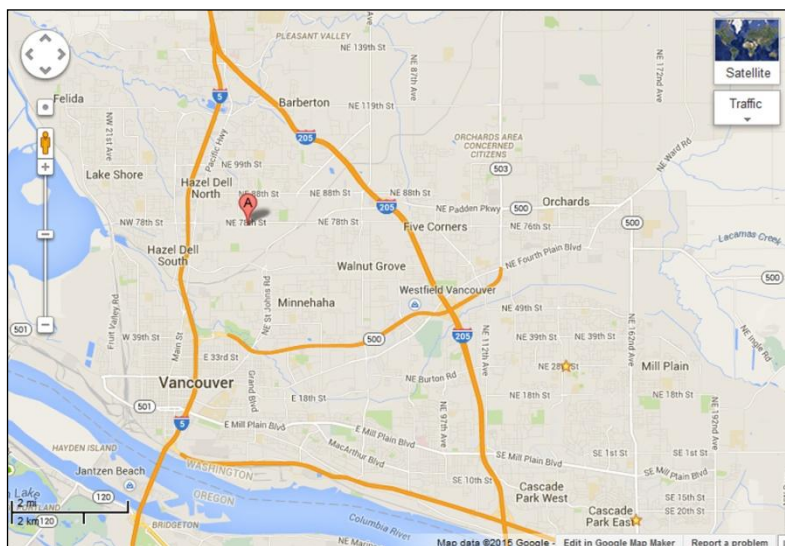
NET Calendar Items

- 11. WEBINAR - “Preparing to Deploy”:** Being deployed for a disaster response operation can be a very exciting and rewarding experience. This training will help individuals prepare for their deployment so that they can stay safe, healthy, and comfortable while working in sometimes stressful and unpredictable circumstances. Topics will include packing for your deployment; Disaster 101 (an overview of how disaster response works); terminology you may hear while deployed; taking care of yourself; and suggestions for having the best experience you can. To sign up, go to the following link and scroll down: <http://links.pointsoflight.mkt4753.com/servlet/MailView?ms=NTE5Mjc1NzMS1&r=MTgwMzA2NTA5MzMzS0&j=OTYzOTU4Mjl2S0&mt=1&rt=0>. **Note time zone differences!**
FOR MSC, LOG AS ADVANCED TRAINING
- 12. WEBINAR - Understanding the HUman-Animal Bond & Coping with the Loss of Pets after a Disaster:** 8/30 at 11:00 am PST. Summary: Christian Burgess, Director, Disaster Distress Helpline will facilitate this webinar with featured guest speakers who will provide an overview of the mental and physical health benefits of pet ownership among the general population, people with depression and other behavioral health conditions and concerns. They will also discuss the symptoms of complicated grief when a pet is lost or dies, including after a disaster and how pets can be factored into standard crisis assessment & intervention tools. Finally this webinar will provide tips to sensitively & compassionately support people in distress regarding the loss of a pet and resources that crisis centers can use to effectively serve individuals & families experiencing distress related to the loss of a pet. **1.)** Log in URL (visual) <http://connectpro65685776.adobeconnect.com/copingwithlossofpets/>. **2.)** Call in (audio) 1-800-410-3590 / user pw 8952156. **3.)** If this will be your first time using Adobe Connect, visit http://connectpro65685776.adobeconnect.com/common/help/en/support/meeting_test.htm from the computer you will be using for the webinar to ensure your computer and network connections are properly configured to provide you with the best possible Adobe Connect meeting experience.
FOR MSC, LOG AS ADVANCED TRAINING
- 13. Sunday Parkways:** We set up some tables and talk about NET, BEECN, PublicAlerts and more during this hugely popular event sponsored by PBEM and presented by the Portland Bureau of Transportation. [This event is a blast!](#) We do a lot of talking and have a lot of fun engaging with folks who are in positive, energetic moods. Good clean fun! Sign up at: <http://www.signupgenius.com/go/20f0d4cafa923a7fc1-sunday1>
FOR MSC, LOG AS OUTREACH

Women's Ham Radio 'Technician' (beginner) Class

This class is taught by women, for women!

**Class location: 40 et 8, Boxcar Room
7607 NE 26th Ave. Vancouver, WA 98665**



2016 Schedule for 6 sessions October 13, 14, 15, 20, 21, 22

Thursday October 13: 7 – 9 p.m.
Friday October 14th: 7 – 9 p.m.
Saturday October 15th: 9a.m. – 1 p.m.

Thursday October 20th: 7 – 9 p.m.
Friday October 21st: 7 – 9 p.m.
Saturday October 22nd: 9.am. – noon-ish
(includes review and license exam)

We will use The ARRL Ham Radio License Manual, 3rd ed.

Level 1 Technician, 2014

By Ward Silver

To register for class, purchase a textbook, or for more information contact:

Barbara Yasson, AC7UH (that's her ham radio call sign)

AC7UH@arrl.net or 360-574-1152

The class is free, the textbook costs \$27, the license exam costs \$15



Lincoln County Sheriff's Office
Emergency Management



Training Announcement
CERT Tools for Leadership Success

Date/Time:

4 hour class
Saturday, August 27th, 2016, 8:00 - 12:00pm

Training Location:

Gleneden Beach Fire Station
6445 Gleneden Beach Loop Road
Gleneden Beach, OR 97388

Cost:

Free

Registration Required:

<http://cert-tools-for-leadership.eventbrite.com>

Target Audience:

Current CERT Chapter Leadership, CERT Team Leaders, and CERT members who would like to further develop their leadership skills.

Prerequisites:

- Must have a referral from a CERT sponsoring agency. The CERT sponsoring agency could be a local, regional or State government agency.
- Must have completed CERT Basic training course.

Course Description:

In this four-hour module, CERT members will learn:

- 1) How CERT Basic Training concepts relate to leadership
- 2) The characteristics, skills and responsibilities of team leaders, and how leaders and members interact
- 3) Different styles of leadership and how they apply to CERT situations
- 4) Examples of how CERT leaders run successful team operations.

Course Topics:

- **Review of *CERT Basic Training Concepts That Apply to Leadership.*** How the Incident Command System (ICS), size-up, and disaster psychology apply to CERT leadership.
- **Leaders and Team Members.** The relationship between leaders and team members; the characteristics, skills, and responsibilities of team leaders; leadership vs. management; the Leadership Competence Model; characteristics and responsibilities of team members; and team interactions.
- **Leadership Styles.** Situations that require leadership, how to apply leadership styles to different CERT situations, and determining a personal leadership style.
- **Leaders in Action.** How CERT leaders run successful team operations, steps for leading team operations, leading in stressful conditions, participant concerns about leading CERT operations, and roleplay of team dynamics.

Lincoln County Sheriff's Office
Emergency Management



Training Announcement
CERT Tools for Leadership Success

Lead Instructor:

Peter Benjamin, CERT Chapter Continuity Project Manager
Emergency Management
Lincoln County Sheriff's Office
225 W. Olive Street
Newport, OR 97365
pbenjamin@co.lincoln.or.us

Hosted by:

Lincoln County Sheriff's Office - Emergency Management
<http://www.lincolncountysheriff.net/index.html>

Registration: **Required**

- Go to: <http://cert-tools-for-leadership.eventbrite.com>
- Minimum of 10 students to hold class and a maximum of 20

Contact:

Jenny Demaris, Emergency Manager
Lincoln County Sheriff's Office
vdemaris@co.lincoln.or.us
(541) 265-4199

Additional Information:

- **Meals/Refreshments:**
 - **Refreshments** - LCSO - EM will sponsor morning refreshments. Lunch is on your own.