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FOR MORE INFORMATION
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NEMCo is a partnership among the cities of Kenmore and Lake Forest Park, the Shoreline Fire Department, and the Northshore Utility District. Its purpose is to provide each participating agency with efficient emergency management resources by engaging the community to prevent, protect, mitigate, respond to, and recover from all types of emergencies and disasters. With a focus on education and volunteer coordination, the Coalition employs the use of the Radio Amateur Civil Emergency Services (RACES) team and the Community Emergency Response Team (CERT) to fill critical roles during incidents and to host educational events. RACES, consisting of FCC-licensed amateur radio (ham) operators, may be activated in emergencies to provide radio communications. Working with CERT, who may be called upon to supplement and assist emergency responders, as well as prepare and educate community members about disaster preparedness.



This newsletter is dedicated to Rosie Schaffer, a member who sadly passed away in 2022 but who is most fondly remembered and missed. She was instrumental in developing and organizing many of NEMCo's activities, including coordinating and editing our previous newsletters. See the well-deserved City of Lake Forest Park Proclamation acknowledging her contributions to NEMCo and Lake Forest Park at: <https://www.northshoreemc.com/news>

Welcome Back

While many of the RACES ham radio members continued to conduct their Sunday night net and other radio-related activities, NEMCo was not meeting in person in accordance with the State's requirements during the coronavirus shutdown. Some of our volunteers in full PPE passed out masks and helped with food collection activities. Now... our volunteers are eager to return to full operations and excited to be back!



NEMCo has already conducted a CERT training class offered by members who have enhanced their teaching and leadership skills through the CERT's Train the Trainer program. This newsletter highlights one of those participants, Emily McKenzie, who gives us a teen perspective on that experience.

We are shining a spotlight on one of our most active CERT volunteers, Katrina Rose. She has been a CERT volunteer and a role player to assist first responders in practicing their emergency skills. This interview was originally conducted by Rosie Schaffer.

Produced by the Outreach Committee: Gail Siani, Robin McKenzie, Emily McKenzie, Doug Hildebrand, and John Cornaby. Designed by: Emily McKenzie. Photos courtesy of Gail Siani, Emily McKenzie, and Kevin Lowery.

Upcoming Events



6/3 Pancake Breakfast at Fire Station 51, Kenmore

6/24 Lake Forest Park Health and Safety Fair Third Place Commons

7/7- 8 DART exercise (by Invitation)

7/13 Summer Concert Series, Kenmore

7/20 Summer Concert Series, Kenmore

8/8 Tulalip Communications Vans on Display Tulalip Resort Casino



The RACES members have been developing their Winlink skills to provide essentially computer-to-radio email communications. To learn more about this new protocol, one of our experts in this area, Doug Hilderbrand, has prepared an article on recent training and exercises.

Robin McKenzie, one of our CERT trainers, and John Cornaby, on the RACES side, are giving us an example of some basic go-bags. Members have their own versions, but NEMCo encourages everyone to assemble their own kits for their home, car(s), and traveling. King County and FEMA have suggestions for various go-bags, and if you check out our booths and theirs, at future community events, be sure to pick up some additional preparedness information and ideas.

We return to full functioning with a new Emergency Manager, Kevin Lowery, who is offering some information about himself and his goals for NEMCo.

We hope you enjoy this edition and look forward to reading about NEMCo activities in our future ones! Be sure to check out our website for additional information and to keep updated on upcoming events.

INTRODUCING OUR NEMCo EMERGENCY MANAGER



As some may have heard, midway through 2022, NEMCo welcomed me as its new Emergency Manager. While I have had the pleasure of meeting many of our volunteers over the past year, I would like to open our first volunteer newsletter since COVID by introducing myself to the group, and I am giving you a quick summary of my bio and my thoughts on the direction of NEMCo.

I began my career in public service in 2002, volunteering as a firefighter while an undergraduate student at Massachusetts Maritime Academy. While still volunteering as a firefighter, I quickly started a local law enforcement career, starting as a part-time police officer in 2003 and turning full-time in 2005. In 2013 I decided to expand my service by joining the United States Coast Guard Reserve (USCG).

Most recently, this service with the USCG has me working as a watch-stander, supervising operations from the Pacific Northwest's maritime search and rescue coordination center. My previous service in the greater Seattle area included a tour as the Assistant Operations Officer on the Coast Guard's only oceanographic research vessel, where I helped facilitate Arctic research for several teams working on climate change research.

In addition to my work experience, I have continued my formal education by completing a Master of Administrative Science as well as a Master of Emergency Management. I have also continued to volunteer over the years with my local community as a firefighter with the Cranbury Township Fire Department and the Chairman of Cranbury Township's Municipal Alliance Committee on Drug Abuse and Alcoholism.

With almost a year of working as the NEMCo Emergency Manger finished, I have learned a great deal about the coalition and am looking forward to working toward a couple of main goals for the year going forward. My main mission is to expand and strengthen our coalition. The method for this includes my volunteering for regional boards and organizations throughout both King County and the State as well as also increasing the opportunities for cross-training between our volunteers and partner agency employees. You should notice this effort via joint CERT and RACES drills and training as well as the incorporation of volunteers into city exercises and trainings.

The other primary goal I have is to increase community resiliency through improved coordination of response plans and protocols, bringing back educational workshops for community members, and improving volunteer training and coordination. While the plans and protocols are much more focused on our partner agencies, you should see this effort realized via advertisements for community workshops and recurring volunteer training sessions. You should hopefully also receive more notices of activations and events as I work to further incorporate all volunteers into the operations of our partner agencies.

As always, if anyone has any questions or concerns, please feel free to reach out to me via email at klowery@cityoflfp.gov. Thank you all for your continued volunteerism and all of your hard work.



VOLUNTEER SPOTLIGHT - KATRINA ROSE

CERT member since 2016

Role player since 2017

We'd like to introduce you to one of our most active volunteers! You'll find her volunteering on behalf of NEMCo at community events, fun runs/walks, preparedness drills, and exercises for our NEMCo members and area first responders, and food collection events. Katerina has assisted with the relocation of neighbors who had to move after a fire, and most recently role-played as a survivor to give our most recent CERT graduates some hands-on experience. Her background and experiences lend authenticity to her volunteering activities on NEMCo's behalf. Look for her at upcoming events and say 'Hi, Katrina!'



(1) Tell us a little bit about your background and what led up to your becoming an active volunteer?

In 2016/2017, after 19+ years as a stay-at-home mom, I had the decision to make. I could either restart my full-time career and scale back my volunteer activities or continue with my part-time career and increase my volunteer activities. I chose the latter.

(2) I know you are a CERT Team member. How did you become involved with NEMCo, and what do you find to be most valuable about CERT training?



In early 2016, I started volunteering with NEMCo and then completed the Fall 2016 CERT Academy. I have found the most valuable part of CERT training is that it connects you to your community and allows you to be trained to help before the help is needed. I have been volunteering with Moulage Mayhem since 2017 as a role player. The moulage artists use each role player as their canvas and create a person injured in some way. The role player then participates in a training exercise for first responders or community members that is magnified in value because of their life-like injuries. This has been a great way to practice CERT skills.

(3) Where else do you volunteer (including past volunteer work)?

Since 1998 I have been using my skills as a Child Passenger Safety Technician (CPST) to volunteer with Car Safe Kids. I teach caregivers how to transport their children safely using car seats and booster seats; we do car seat checkup events at several King County hospitals about 10-15 times a year. Occasionally, I do car seat check-up events with other groups like Eastside Baby Corner, Safe Kids Snohomish County, and the now-defunct Safe Kids Eastside. I work with an organization to manage their website and do vehicle research for a technical manual that is published every two years.



In late 2017, I started volunteering with Citizens for Northshore Schools as a way to support the Northshore School District. The group educates voters about the NSD bond and levies and encourages them to support their local schools by voting in favor of the NSD bonds and levies. I manage this group's website so there is a little bit of work to do between the NSD bond and levy campaigns.

For the 2018 Northshore School District (NSD) bond and levies, I volunteered as a community member on the Capital Bond Planning Task Force. This group analyzes, studies, and discusses data and information regarding the district's capital facility needs and then determines a set of recommendations to present to the School Board for referral to the voters. Between bond/levy cycles this task force does not meet but I plan to continue when the work starts on the new NSD bond and levies.

In 2019, I started volunteering with WaSafe, the Washington State building safety responder program and became registered as a Safety Assessment Facility Evaluator. This is a resource pool of trained professionals who respond after a disaster to do safety assessments of buildings (and placard each with the result) under the direction of a local building official. Although I have two B.S. degrees in engineering, my experience is in aircraft structural engineering and not buildings, so WaSafe classifies me as a Type 5-Other Facility Evaluator. The theory is that if buildings are assessed quickly after a disaster the number of resources (food, shelter, etc.) required to support the community will be far less and the community can begin rebuilding faster. Although I am eagerly waiting to be deployed with this group I am hoping the damage done by the disaster which causes the deployment to be to buildings and not people.

In the past, most of my volunteering has been for various groups associated with the Northshore School District (NSD) and the City of Kenmore. I have volunteered with Parents Active in Cooperative Education (PACE) at Lockwood (2003-2009), All-PACE Leadership Team (2006-2009), Lockwood PTA (2003-2009), Kenmore Junior High PTA (2009-2012), Inglemoor Cross Country Boosters (2012-2015), City of Kenmore Pedestrian and Bicycle Safety Ad Hoc Committee (2014), and the Enrollment Demographics Task Force (EDTF) of the NSD (2010-2016). While on the NSD EDTF, I got to participate in planning for the 2017 boundary change, grade reconfiguration, and opening of North Creek High School.

(4) What do you find to be the most rewarding aspect (or aspects) of your volunteer work?

The most rewarding aspect of doing volunteer work is using my education and unique skills to help others.

(5) We like to get to know some about each person we spotlight. If you are willing, please tell us your favorites.

My Favorites: TV Shows—Mostly, I watch reruns at night for noise while I work on the computer or do a puzzle. I do like watching Survivor.

Food—Cheerios for breakfast. Anything Mexican the rest of the day.
Dessert— Coke float with cookie dough ice cream.

Place(s) you have traveled—Internationally, I have been to Fiji, Australia, and Canada. Domestically I have been to about 40% of the states in the United States lived and in three states. Place(s) you would like to travel – Internationally, I would like to go to Iceland. Domestically I would like to explore the outdoor recreation areas in the Midwest.

(6) What is a fun fact about you that would be interesting for all of us to know?

I tend to be nocturnal, so if an alert goes out at 1:00 am for NEMCo volunteers to help, I will be wide awake and ready, but if it's sent out at 6:00 am, I will be sound asleep.

(7) How did the COVID pandemic impact your volunteering?

The COVID pandemic definitely impacted my ability to volunteer and work. The national conferences I typically attend (Lifesavers and Kidz in Motion) were canceled. I have done a few events with NEMCo and have been doing virtual car seat education for Car Safe Kids. From September-November, Car Safe Kids did three small car seat check-up events using pre-registration, appointments for spacing, social distancing, masks, and other CDC guidelines. We did not get inside of a vehicle; we conducted car seat education from 6" away using laser pointers. Fortunately, I have a large contract doing vehicle research that has been keeping me very busy since September, but not being able to go into a car dealership or used car lot to see a vehicle made it more difficult.

CERT: A TEEN PERSPECTIVE

Our most recent CERT graduate, and a new Outreach team member, shares her perspective as a teen involved with NEMCo's CERT program.

The Program offers the community a three-day course on local hazards and basic disaster preparedness. The Team provides hands-on training in fire safety, light search and rescue, and disaster medical operations. At its conclusion and a final hands-on practice session, they earn certificates indicating they've trained in these basic skills, which will allow them to better help their friends, neighbors, and the public in the event of an emergency. Some of those newly-certified CERT participants will go on to become State-certified volunteer emergency workers and will be further enhancing their skills and experiences as members of NEMCo.



My name is Emily McKenzie. I'm 16, and I recently graduated from my first CERT class. Before this, I had heard of CERT but had yet to see it as something I could do. Now I know I am one of many who are capable and willing to help my community.

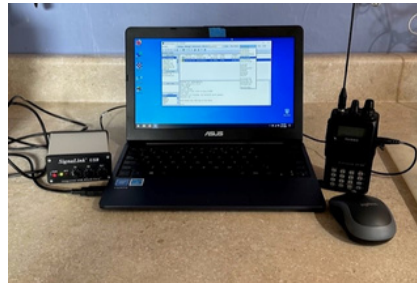
Going in, I was skeptical about an eight-hour class. I thought it was going to be a long day, but I was blown away by the teachers and class. We were learning essential and exciting things, and every single teacher was there to be supportive and engaging. It was funny and captivating, encouraging us to explore and learn more in our homes and communities. The best part was getting donuts and coffee for breakfast and pizza for lunch. So if you want to help your community and you are hungry, CERT is for you.

The exercises were unmatched. We had four different stations. Medical, where we helped role players (aka "survivors") with injuries using our knowledge and supplies available. For the Fire Module, we practiced approaching a fire and putting it out using fire extinguishers. In Search and Rescue, we searched the fire tower for survivors. Then there was Lifting and Cribbing, where we learned how to lift heavy objects off of someone. Each exercise was designed to strengthen and test a vital skill we learned in class. My favorite part was search and rescue. Walking next to my team using headlamps in a dark building with all our gear on was a real rush. We got to be loud, calling out for survivors, and practiced surveying every door, room, and hallway to make sure it was safe. I enjoyed doing these hands-on activities because they made me feel more prepared for a real natural disaster.

By the end of the third day, our class was so close, and we had so much fun. I was honestly sad it was over, but there are always more opportunities to get involved. We earned two certificates and a whole backpack of supplies to use for our exercises. I even made about 25 volunteer hours to use for National Honors Society. My takeaway is that everyone should take a CERT class to help yourselves, your family, and your community.

WINLINK

NEMCo RACES members train in the use of the latest developments in amateur radio communications. While morse code still has its uses, emergency communications has moved into the era of data transmission directly through radios linked to computers. Emergency communications groups around the country are using a protocol called Winlink. Using this, radio operators can send the equivalent of e-mail and even photos over the radio without need for the internet. This provides important backup communications in an emergency where cell phones and internet are both out.



This past quarter, the NEMCo Races Chief Radio Officer held training sessions in the use of Winlink for amateur radio operators, including members of NEMCo and other area emergency communications organizations. Multiple classes covered Winlink basic, intermediate and advanced level skills. Operators were able to get hands-on advice and practice in using their own equipment.

This training was followed by a three-day exercise coordinated by several of our experienced ham radio volunteers in various communications modes, including the popular VARA protocol. This exercise was open to all amateur radio operators in the area to practice sending radio/computer messages. Participants in this exercise used Winlink over radio to contact other participants and included operators from Seattle, Lake Forest Park, Mukilteo, Redmond, Bothell, Shoreline, Mercer Island, Wenatchee and even Albuquerque, New Mexico. The ability to network with fellow hams throughout the region and beyond will be critical in ensuring supplemental communications in emergencies when government resources are overwhelmed.

PERSONAL PROTECTIVE EQUIPMENT (PPE), PERSONAL SAFETY, AND YOUR CERT AND RADIO GO-BAGS

A class on personal protective equipment and the use of PPE was held at NEMCo in March 2023. The class covered what key supplies should be in your CERT/RACES "go-bag," and how to prioritize items based on the planned deployment.



CERT PPE, at a minimum, should include:

- A high-visibility safety vest,
- Hard hat to protect your head,
- Goggles for eye protection,
- Work gloves,
- Medical grade exam gloves to protect your hands,
- Proper footwear for the activity, terrain, and season to be encountered,
- Flashlight for dark locations,
- Ear plugs in case you encounter loud noises,
- Large garbage bag to use for multiple purposes:
 - (1) disposal of medical waste like your exam gloves, and other potential hazards,
 - (2) A barrier between you and body fluids.



Go-Bags

Basic CERT Bag:

When packing your go-bag(s), determine what you really need, keeping it to a minimum, and modular:

Step 1: Consider the possibility and probability of a natural earthquake, snowstorm, flood, or a manmade event such as a plane crash, train derailment, or major accident. Now consider your skills and the likely mission assignment, e.g., First Aid, Search & Rescue, Traffic / Crowd control, Radio in the EOC, or out in the field.

Step 2: Determine if the items you are packing are for yourself, your teammates, or others (if in doubt, keep it out).

Step 3: Establish three sectors of storage:

- Sector 1 for yourself, on your person, attached to apparel, in pockets: includes PPE and Safety items.
- Sector 2 is within reach: On hand, in your backpack near you, or within easy access.
- Sector 3 is a backstock/resupply in your car or at a Base Location in a duffel.

Basic Radio Bag:

This is a basic kit recommended for RACES (Radio Amateur Civil Emergency Services) operators that may be deployed for up to 12 hours. You can use a bag, backpack, waist pack, or bucket to keep items organized and together. If you will not be near a car, consider how you will carry items and the total weight. Keep items in zip lock bags to protect from the weather.



- Dual-band HT capable of up to 5 watts output,
- Bring your NEMCo RACES standard ICS 205 plan,
- Program into your radio your local repeater frequencies,
- HT charger, spare battery,
- Rubber duck antenna at a minimum, earphones or headphones, or a speaker microphone,
- Reflective safety vest, NEMCo ID, and copy of your FCC license,
- Flashlight with spare batteries, multitool, and/or a pocket knife,
- Duct Tape, cable ties,
- Bring paper or waterproof notebook, and a couple of pencils,

Please contact the Outreach Committee if there are any subjects and items you'd like to hear about in the future issues. Members should feel free to contribute any articles you would believe would be of interest to the community!

**A BIG Thank You,
to our hard-working volunteers and new members!
We appreciate you!**