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***** New Website *****

www.northshoreEMC.com

Photos in this edition were provided by Doug Hilderbrand, Carl Lunak, Robin McKenzie, Randy and Rosie Schaffer, Gail Siani and Laurell Sprague.

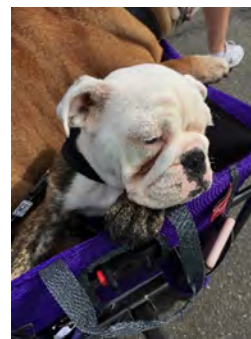
Welcome Back

By Rosie Schaffer, KD7YRH

Welcome to the Fall edition of the Northshore Volunteer! Members of the NEMCo RACES (Ham Radio) Outreach Committee have been busy soliciting and creating content for this issue.

NEMCo volunteers have participated in many activities and events since our last newsletter published in the Summer. You will find evidence throughout this issue.

This very sleepy dog participated in the Lake Forest Park Pet Parade on July 13, 2019.



There is a lot of content in this edition. We are spotlighting Laurell Sprague who provides moulage services to emergency responders throughout our area. One of our NEMCo volunteers, Julie Walters, has provided helpful information on the Map Your Neighborhood program, explaining why all of us might want to map our own neighborhood. We have technical information for NEMCo's amateur radio operators. We explain the water supply that will be available in the NEMCo service area in the event of an emergency. We highlight many of the recent activities of our volunteers, including a great article on the very first Teen CERT class. There is something for everyone in this edition!

We have a favor to ask of all amateur radio operators for an article to be published in the next newsletter. We are seeking input on the most interesting and unique uses of your radio. In addition to use for emergency communications, for what other purposes has your radio proved useful, been handy or just plain fun? If you have photographs or other materials to accompany your story, please submit those as well. Please send them to Rosie at rrschaffer@frontier.com.

Our newsletter is of, by and for NEMCo volunteers. We welcome comments, suggestions and articles. Current committee members include: John Cornaby, Doug Hilderbrand, Robin McKenzie, Randy and Rosie Schaffer, and Gail Siani. Please reach out to any one of us with ideas for our committee or for this newsletter.



Volunteer Spotlight

NEMCo Calendar

October

CERT Final Exercise

NS Fire Station 51
Kenmore
October 26, 2019
9:00 - Noon

November

RACES Meeting

Northshore Utility District
Kenmore
November 6, 2019
7PM - 9PM

Volunteer Meeting

Kenmore City Hall
November 20, 2019
7PM - 8:30PM

December

RACES Meeting

To Be Determined
(watch for email from Carl)

Volunteer Meeting

To Be Determined
(watch for email from Carl)

Get Up and Go Fun Run

Lake Forest Park
December 7, 2019
Race begins at 9AM

Kenmore Tree Lighting

Downtown Kenmore
December 7, 2019
4PM - 8PM

Laurell Sprague – Making Scenarios “Real”

By Laurell Sprague and Rosie Schaffer, KD7YRH



1) When did you first become involved with emergency preparedness?

Officially, I took a CERT class in 2004 with Snohomish County Fire District 1. I then registered as an Emergency worker with Snohomish County Department of Emergency Management. Within a month, I also registered with Medical Reserve Corps and took my first moulage class.

2) What is moulage and what fostered your interest in it?

Moulage is special effects wound makeup specifically for emergency-type drills. My interest in moulage is driven by being able to give back to Emergency Responders in a way that I feel is very important to their training.

3) What is “Moulage Mayhem”? Who uses their services? Why is moulage important?

I have been doing moulage for emergency drills since 2004, but it really took off when one of the emergency agencies for whom I did makeup was asked who did their moulage. I got bombarded with many requests and realized that there was a great need, so I created Moulage Mayhem in 2015. I had met other artists along the way and was able to build a team of Volunteer Artists with the goal that no agency would go without moulage. Now we do - or have done - moulage for CERT drills, Police Departments, Fire Departments, hospitals, airports, FEMA, the military, Wilderness First Aid for the Boy Scouts, Zombie Preparedness for the Girl Scouts, and much more. Why is moulage so important? There is a very big difference in emergency response when it is more realistic. A lot of agencies would use actors that just held up cards listing a wound, but it isn't realistic. Moulage adds that realistic aspect, which changes the whole training, raises the stress level and adrenaline which helps the responder to be able to see how they may really react in a real crisis. We make it as real as possible for trainings because it is just that important.

- 4) What supplies are used for moulage?
Where do you obtain them?
Are they costly?
How are you paid for them?

All of the Moulage Mayhem artists have their favorite products. We all agree that we prefer the best quality makeup which we can get fresh at a local store or prosthetics online. Because we buy for quality, it can be expensive. Sanitation is also a high priority to avoid contamination.



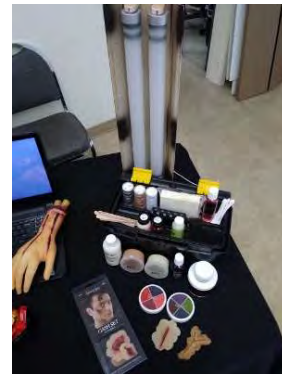
Since we are a non-profit, we do take financial donations. We do not take makeup or other product donations for the reasons stated already. Our donations go right back to buying more product for the artists. We are rather picky about what we use, not just for quality but also for what stains versus what doesn't stain.

- 5) How does one go about becoming a moulage artist? What background and skills are needed? Are there classes and/or guidebooks?

There are a lot of techniques found online. To become a Moulage Mayhem volunteer artist, we ask the requestor to have gone through a CERT class and to complete FEMA's IS-100, IS-200 and IS-700 online. We also ask they take a Beginner Moulage class with Moulage Mayhem - offered once or twice a year. The reason we do this is due to the nature of many of the drills - CERT covers important topics like the Incident Command System structure. We also ask that artists register with their local emergency agency, whether it be CERT, MRC or something similar because more and more requests from agencies require this to participate.

- 6) Can you describe some of the scenarios where moulage has been used?

We have done many disaster scenarios - mostly earthquakes, CERT drills, active shooter drills, mass casualty drills, bus crashes, plane crashes, drunk driver scenes and crime scenes.



- 7) Tell us a little about your family and your background.

I was born in California but grew up in Wyoming, went to college in South Carolina, then moved to Seattle in 1994. I have traveled all over the U.S. and the Pacific Northwest is definitely my favorite area. My Mom was an ER nurse, Dad a police officer and my Grandad was a fire chief, so emergency preparedness is a natural fit for me.

When I am not working, I volunteer and travel all over Western Washington for drills. Besides being CERT trained and volunteering with NEMCo, I am also an MRC volunteer and I am a Soup Lady. When I do get some time off, I love heading out to the coast to spend time at the beach or I travel to visit family.

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

Emergency agency drills are not the only volunteer work I do. I am the Volunteer Coordinator for the Chocolate on the Beach Festival every February and I don't even like chocolate.

It's Not Quite Shakespeare but ... Want to be a Role Player?

By Gail Siani, KG7UBU

Role players serve a critical role in lending authenticity to events where first responders need to practice their technical, response, and communication skills in a simulated, controlled environment. Most role players in NEMCo started role playing by assisting CERT students with their final drill - being a person needing to be rescued from a collapsed building, or to be found in an urban search and rescue situation, or by pretending to have physical or emotional injuries for students to practice their first aid and communication skills.

Tired of behaving like a rational adult controlling your emotions in public? Ever wanted to express your inner diva? To act but are not quite ready for community theater? Here's your chance to scream and beg for attention, to act as if you have been severely injured and to moan quietly or obnoxiously in pain ... or perhaps just be stoic and minimally interactive. These are all skills needed to mimic situations first responders may encounter in real world emergencies. Through the use of makeup skills, called moulage, role players have been faux shot, impaled, electrocuted, had broken bones, bruises, abrasions, burns, and been in shock and non-responsive. First responders need to practice how to deal with all these different emotions and personalities who are in varying levels of distress and are yelling for their attention - all while trying to focus on assessing the most critical needs.

Screaming, flashing lights, and various commanders issuing orders can be disorienting. Role players can create a heightened sense of urgency that affects responders. Many mutual aid agencies who haven't worked together before need to rapidly function as a team. By practicing under controlled conditions, responders learn important coordination skills. They also learn to reduce some of their own adrenaline and fears and have a far better understanding of how to respond more effectively when an actual emergency arises. In other words, role playing is a public service and critical to the training of these responders. NEMCo members volunteer their own time to contribute to this training.

When being a role player you learn how you will be treated during an emergency and how you may have to help those near you address their own injuries or comfort those in emotional distress. You will notice that your first aid skills may need improvement, that shock is an often-neglected injury with serious consequences, and that the Stop the Bleed training you had was a valuable class after all. Police will race past you ignoring screams because they must secure the scene first. In other words, you learn how it will be in a real-world situation and what you can do to mitigate the effects on your own. Role playing can greatly improve your skills and resourcefulness in the process.

There are many types of drills that require role players.

The Federal Aviation Administration requires that airports practice emergency air crash drills every three years. NEMCo volunteers recently participated in one at Paine Field. Some volunteers stayed in the cabin while firefighters sprayed water into the cockpit to stop a fire. They experienced the aftermath of a cabin where belongings fell out of the overhead bins and smoke (theatrical of course) was accumulating. Others were quickly escorted off the plane and led to triage areas; others were disoriented and wandering around the field. All of these distractions will be encountered in an actual emergency and responders need to learn to navigate around them and assist victims once the scene is contained.



Active shooter exercises and assisting CERT teams practice skills in search and rescue, assessing injuries, and teamwork are other scenarios where role players are needed. If you are interested in learning about opportunities, contact Carl Lunak at clunak@northshorefire.com.



Community Events

City of Lake Forest Park Pet Parade, July 13, 2019

By Gail Siani, KG7UBU



In July, the City of Lake Forest Park celebrated its third annual Pet Parade. The parade route runs from Lake Forest Park City Hall to Animal Acres Park.

MVPs of LFP was the theme this year with pets wearing “their” favorite sports gear. Attendance appears to have doubled over last year, so the word is out - bring your dogs to a fabulous parade!



Our NEMCo RACES, CERT, and general volunteers ensured that the parade participants were flagged through open intersections, and of course, took the time to pet and praise the wonderful canine participants!

At Animal Acres Park there were a variety of vendors, a play area, and awards for best costumes, as well as a poster contest.

National Night Out – Kenmore, August 6, 2019

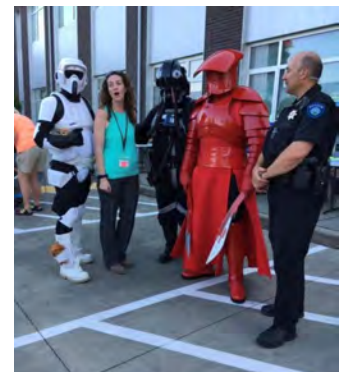
By Gail Siani, KG7UBU

According to the City of Kenmore “National Night Out is designed to heighten crime and drug prevention awareness; generate support for, and participation in, local anti-crime programs; strengthen neighborhood spirit and police-community partnerships; and send a message to criminals, letting them know that neighborhoods are organized and fighting back.”

Hot dogs, hamburgers, snacks and ice cream were free treats for the public to consume while they learned about personal safety, emergency preparedness and other community programs.

Three members of our NEMCo team (Robin, Linda and Gail) participated by highlighting NEMCo’s CERT program. Our team talked about the training in basic disaster response skills such as fire safety, light urban search and rescue, medical preparedness and other issues to enable participants to be better prepared to stay safe and assist in a disaster.

All are welcome to Night Out – even interstellar visitors!



Northshore Safety Fair

Lake Forest Park Third Place Commons, September 21, 2019

By Gail Siani, KG7UBU

NEMCo was well-represented at this year's Safety Fair. There was a NEMCo-specific table, a table with information from the Northshore Utility District, and another one for Moulage Mayhem (our moulage artists who add fake injuries to role players through strategically-applied makeup and prosthetics).

We had numerous pamphlets about emergency preparedness, NEMCo member activities including CERT, RACES, ham radio flyers, how to find safe water sources within your home, and how to build emergency kits.

Opportunities were provided to sign-up for Alert Sense and to comment on the draft Kenmore Hazardous Mitigation Plan. Our volunteers spent time connecting with community members by answering questions about our organization and emergency preparedness.



The adjacent booth carried through the theme with tips for water purification and storage and how to turn off utilities at their shut-off valves - along with models to test out the various wrenches.

Overall, we estimate around 150 people stopped by to chat.

The event included booths for the Lake Forest Police Department; a presentation showing potential electrical hazards; information about Evergreen Health (the sponsor for a mammogram mobile unit); the Cascade Bicycle Club focusing on helmet safety; an activity coloring area for children; and a raffle for backpacks. The Red Cross held a blood drive mobile unit in the parking lot.





Ham Bites

APRS - an Introduction

By Doug Hilderbrand, KF7RQ

There is another world out there. It is a world in HAM radio land that lives at 144.390MHz. It is called the Automatic Packet Reporting System (APRS). It is an integrated world of volunteer ham radio operators and an internet database.

When ham radio operators with APRS-enabled radios are traveling, they can broadcast their positions to ensure family and friends know their locations along the way. APRS can be used with cars, boats, planes, balloons, or even hiking.



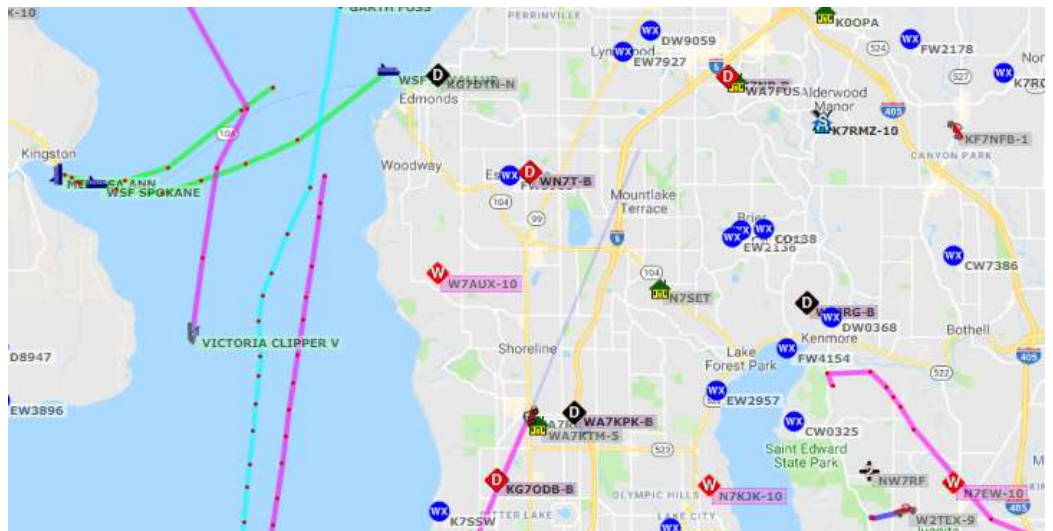
The APRS broadcast is picked up by an internet-connected receiver and put into a database. There are a number of ham radios that integrate GPS and Terminal Node Controllers (TNCs) into the radio. These radios can broadcast a user's position, speed, direction and other information such as the current weather. The radio operator can even send a short text email to an email address. Once set up, a data-enabled radio can do all of this automatically or with little interaction from the radio operator. An operator can set their radio to send out a beacon automatically in a specific time frame, e.g., every five minutes.

This is all made possible by a large number of ham radio volunteers who have set up APRS receiving stations at their homes and on mountaintops. The APRS ham station will receive a digital message from your APRS-enabled radio and then forward it into the internet. Many mountaintop APRS stations don't always have connections to the internet. The mountaintop APRS repeater will rebroadcast the APRS message to an APRS ground station. Being on the top of a mountain gives the APRS receiving station much better coverage of the surrounding area, much like a voice repeater. All of this is transparent to the APRS user.

The APRS receiving stations are generally passive. Unlike packet radio for WinLink, there is no acknowledgment that an APRS message has been received. The APRS message may be received by several receiving stations or none. The message, when received, will be passed to the database. When duplicate messages are received from different receiving stations, the database will keep only one of the messages as the other messages are redundant. Tracking data is stored for six months before it is purged.

Without an APRS-enabled radio, you can access the APRS database with a laptop, tablet, or smart phone.

One example of an APRS display is found at the web site www.APRS.fi. In the www.APRS.fi site, there are the usual fields for searching for specific call signs.

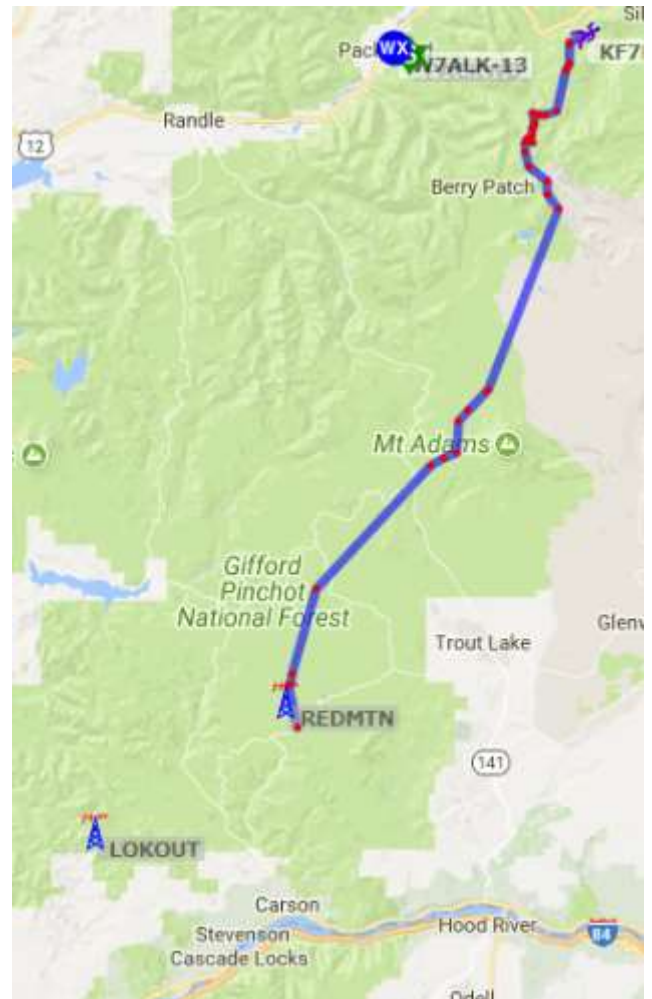


APRS is used by many organizations for several things. It is great for letting loved ones know where you are. Among other things, it can be used to track different resources at community events or used to show the positions of ham radio volunteers. APRS Tracking has been used very effectively to coordinate volunteer radio operators serving the annual two-day Multiple Sclerosis Society 150 mile bike ride that covers the area from Mount Vernon, to Bellingham. Tracking volunteers on bikes, in SAG vehicles, and MS leadership vehicles provides Net Control with near instant position information, allowing for timely decisions to redirect resources to areas of need on the course.

Another example of APRS field use is balloon launches by clubs and schools. An APRS-enabled radio that is attached to the balloon can help in knowing how high the balloon went, where it is, and where it is landing.

An area of personal interest for me is hiking. Hikers can help family know they are OK and where they are. Of course, all this is dependent on having a receiving station that can hear the APRS transmission.

The example map depicts the track of a hiker in southern Washington State. By transmitting at high points on the trail - such as ridgetops - the APRS transmission might reach an APRS receiver. Each red dot on the map is one APRS transmission.



After a hike, it is interesting to go back to the www.APRS.fi web site and hover the mouse over the red dots in the track. This will cause the database map to draw a line from the red dot (of where the APRS transmission was sent) to the receiving station. It is amazing to see the distance traveled to the receiver. All of this is made possible by Ham radio operators who have taken the time to set up APRS receiving stations at their homes or on mountaintops.

In coming articles, we will talk about how to set up some of the more popular APRS-enabled radios.

WinLink® Peer to Peer Setup for the Kenwood TH-D74 Handheld Radio

By Doug Hilderbrand, KF7RQ (edited and tested by Randy Schaffer, N7OYN)

In the Summer issue of the “Northshore Volunteer,” WinLink setup and use for the Kenwood TH-D72 radio was covered. This article covers WinLink setup and use for the Kenwood TH-D74 radio. One difference between these two radios is that the newer TH-D74 can connect to the computer via Bluetooth, with no cable required. Both of these radios have a built-in TNC (terminal node controller) which simplifies the connection between a computer and the radio for packet use via WinLink - eliminating the need for a separate Signalink™ device and the need to interface the computer to the Signalink and the Signalink to the radio.

This new crop of highly capable handheld radios can greatly simplify WinLink messaging. At the same time there are tricks and tips that make configuration simpler and hopefully eliminates some of the frustration.

These new Kenwood handhelds are very expensive, but they have built in features that would cost several hundred dollars if purchased separately. If you are considering a new handheld, factor in the costs of the Signalink module (~\$150), APRS and GPS equipment before discounting these radios due to the initial cost.

The simple equipment needed for sending WinLink messages with the Kenwood D74 radio makes for an excellent field deployable system. NEMCo is working toward increasing the number of WinLink-capable field operators. With no bag of cables, no Signalink module - just a laptop and the radio - fast, accurate, and easily deployed packet messaging is possible.

Step-by-Step setup

Connect radio to computer, by Bluetooth for the D74.

Turn on your computer and make sure Bluetooth is on.

Check/configure these settings on the radio. You may need to allow your computer to “see” the radio and cycle through these menu settings on the radio a few times to determine that communication has been established between the two devices.

Menu 930—Bluetooth, ON

Menu 931—Connect, should display your computer name (you may have to make radio discoverable)

Menu 936—Autoconnect, ON

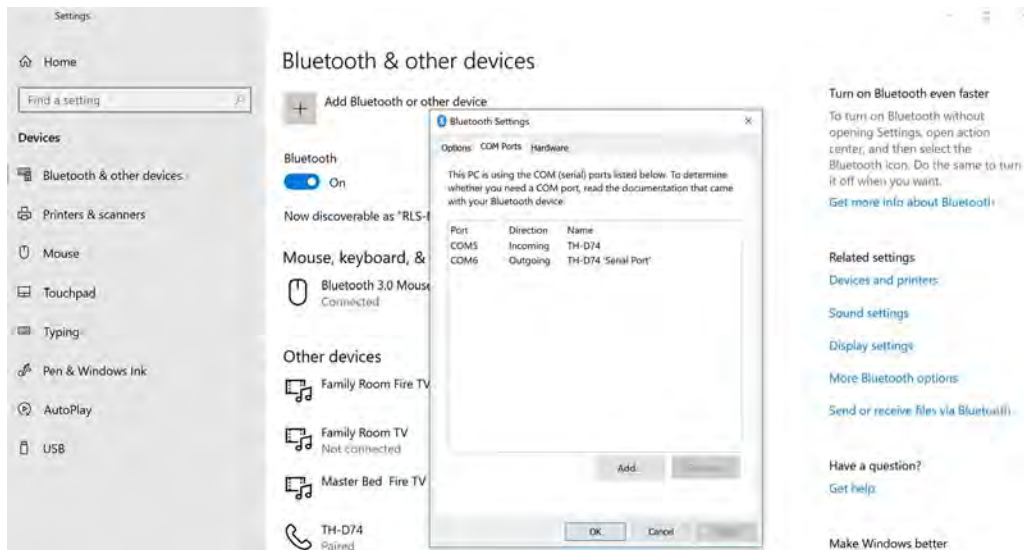
Configure KISS interface on radio menu 983.

Menu 983 has a choice between USB (cable) and Bluetooth as the interface method used for the TNC. The USB selection does not currently work for the D74 radio so this must be set to Bluetooth which is simpler and more convenient anyway. Also NOTE, if you program your radio via USB cable at any time in the future this setting will return to USB and WinLink will not work without resetting this menu choice. (Found this out the hard way during a drill!).

Put radio in KISS mode – hit F(unction) 5, F-5 until “KISS 12” is displayed in the upper right corner of the screen. The Bluetooth icon will appear in the top row of icons, but at this point the icon is gray.

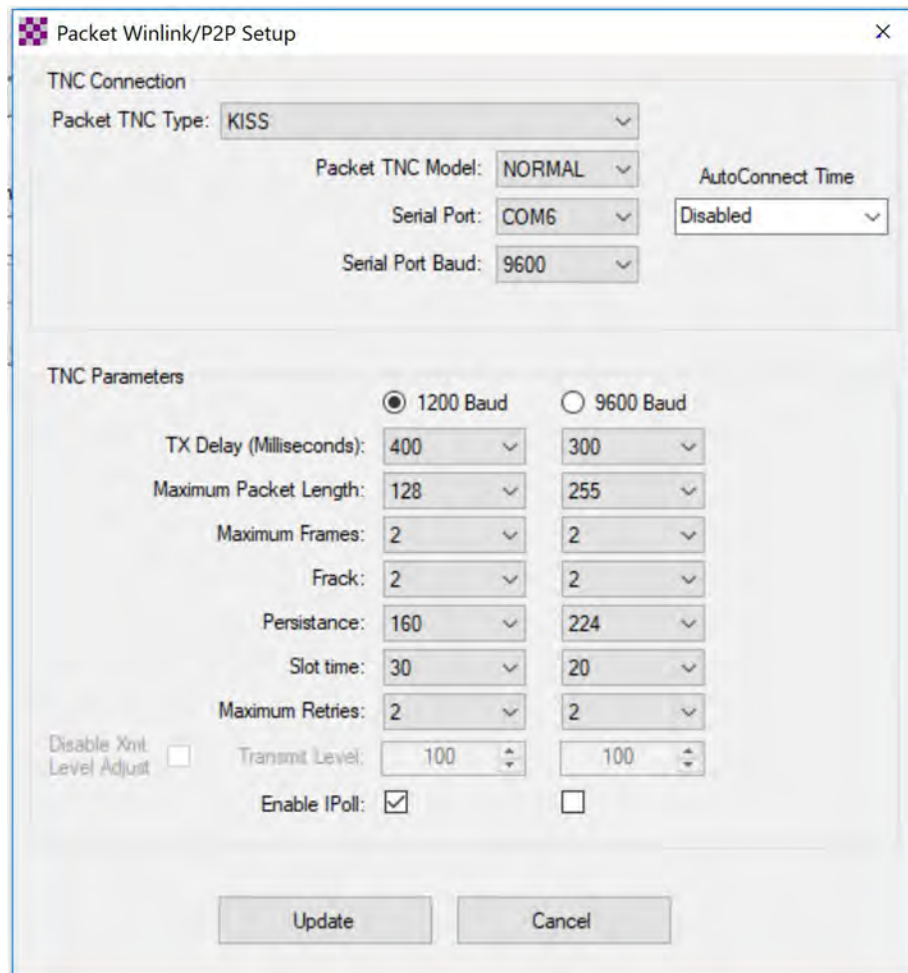
On a PC running Windows 10, find Bluetooth comm port ID in Settings/Bluetooth and other/More Bluetooth Options/Com Ports. Windows 10 is highly recommended over earlier operating systems or iOS/Mac systems. Note the port number that is “Outgoing” (see Screenshot). The outgoing port number must then be configured in WinLink application on the computer, it seems WinLink defaults to the incorrect port during this process. There is a good discussion of this issue at this link:

<https://groups.io/g/Winlink/topic/3854388#74>



Configure WinLink to use the correct serial Port.

Open WinLink on the PC. Under "Open Session" use the dropdown list to select "Packet P2P". Then Open Session, a configuration window will open, select "Settings" which will open a dialog box. In the Serial Port box use the dropdown list to select the "Outgoing" port number as noted above (see Screenshot). Notice that 9600 is selected under TNC Parameters - this is the speed the TNC and computer communicate. Do not confuse this with the speed used to connect to a Gateway. Radio menu 505 is used to select 9600 baud over the default 1200 baud if that GATEWAY speed is used. Click Update.



The TH-D74, WinLink and computer should now be able fully configured to send both Peer-to-Peer messages and use WinLink gateways.

Operating Tips for Peer-to-Peer messaging:

1. When creating messages in WinLink, choose the recipient from your address book which opens the message window, click "Send As" and select Peer-to-Peer. Write the message then post message in the Outbox.
2. Contact your Peer-to-Peer message recipient via voice radio and agree on a contact frequency. They will need to open an active WinLink Peer-to-Peer session window also.
3. Set the simplex frequency agreed upon in the "A" channel on the radio. ONLY the "A" channel bank can be accessed by the TNC. This can be a pre-programmed memory frequency or manually entered, but regardless it must be in the "A" position. Choose the power needed.
4. Put the D74 radio into Kiss12 mode ... press F-5, F-5, note that Kiss12 shows up at the top right of the radio screen in blue.
5. In WinLink under "Open Session" choose the dropdown Packet P2P, then click "Open Session."
6. When the session window opens - the Bluetooth icon on the D74 should turn from gray to blue.
7. Under Connection type, choose "Direct" and type in the recipient's call sign. The session window should display dialog that indicates that initialization was successful using the proper serial port.
 - *** Starting peer-to-peer packet session...
 - *** Initializing KISS; port COM6; 9600 baud
 - *** Initialization complete
 - *** Opening serial port COM6; 9600 baud; KISS
 - *** Ready
8. Click "Send" and if all goes well the two radios will connect and message(s) will be exchanged.
9. Once you "Exit" the Session Window, Bluetooth will turn off automatically and the Bluetooth icon goes gray. If you want to send several messages in a row, just leave the window open. If messages are intermittent, closing the window will save battery power as Bluetooth on the radio will turn off until needed once again.
10. As noted above, the configuration in Menu 983 - "Configure Kiss" needs to be set to Bluetooth. When a D74 is configured via the USB cable (frequency programming), this setting defaults to USB. After any connection to the radio with the USB cable remember to return to menu 983 and reset Kiss to use Bluetooth. When you Open the Session in WinLink, always look to see that the Bluetooth icon turns from gray to blue ... if not it is likely Menu 983 that needs to be reset.

That's it. Hopefully you are now able to send and receive Peer-to-Peer WinLink messages on your Kenwood TH-D74 handheld radio.



Side note from Randy –

With Doug's expertise and persistence, I was able to successfully set up my Kenwood TH-D74 for WinLink. We always hope for a plug and play scenario with new technology, but it is my experience that there are always some obscure tricks and hurdles that need jumping before one gets to the ease-of-use we all wish for when we swipe the VISA card paying for new radios. Once set up, my WinLink experience has been nearly flawless.

Monthly WinLink® Net Check-in

By Randy Schaffer, N7OYN

Rich Gallagher, K7RCH, coordinates a monthly NEMCo WinLink net check-in. This facilitates NEMCo members who wish to exercise a digital check-in mode in addition to the regular weekly voice check-in.

On the second Sunday Night Net following a RACES meeting, Rich will report results for those that have successfully checked in for the month.

Remember to send K7RCH a WinLink message (K7RCH@winlink.org) sometime prior to that Sunday Night Net. You can send the message by Telnet or by using a WinLink gateway.

WinLink gateways that Rich reports to have been used successfully include:

W7MIR-10, 145.03 - Mercer Island
W7EFR-12, 145.630 - Eastside Fire and Rescue
W7EFR-10, 144.950 - Eastside Fire and Rescue

Also try

W7MIR-11, 430.825 - Mercer Island
W7AUX-10, 145.050 - old Shoreline gateway now at Brier City Hall
K7JMM-10, 223.320 - Jason Maher's gateway in Suquamish WA

Determining a WinLink gateway you can successfully utilize is a good exercise in itself. I have found when using my 5wt HT that an outside gain antenna is almost always required. W7MIR-11 is the gateway to which I have most often connected from South Kenmore. I have also found several attempts may be required to post the message, so don't give up if the first connection attempt fails. I generally try a couple times on my favorite gateway, then I may try two or three others. If all gateway connections fail or if I am pressed for time or patience, I just send the message via Telnet.

Fall 2019 NEMCo Drill

By Randy Schaffer, N7OYN

On October 5th, NEMCo conducted its first combined CERT and RACES drill. Three EOCs - LFP, Kenmore, and Station 51 - were activated to provide communications between the EOCs, neighboring communities, counties, and Washington State, using both voice and digital modes.

One RACES field team was deployed to document WinLink to Airmail communication protocols. NEMCo RACES has focused the past two drills on improving capabilities for field teams to move larger amounts of information via digital means (WinLink) to the EOCs. This drill solidified the process. Certain scenarios in a real event could produce large amounts of information that would be difficult to send via voice, but easy, quick and accurate to send via WinLink.



Two CERT field teams were deployed in a simulated search and rescue scenario. Their local team communications were done by FRS radio, with significant findings relayed by Ham radio to the Kenmore EOC which then digitally relayed the information to Station 51. The exercise went well with several findings concerning the coordination and communications with field CERT teams. The incorporation of these teams as well as documenting and refining WinLink field communications were major steps in broadening NEMCo's volunteer capabilities.



Emergency Preparedness

Map Your Neighborhood

By Julie Walters

It's 4:30 AM on a Monday morning. You and the rest of your household are still asleep when suddenly you are awakened. Your bed is bouncing off the floor, everything rattles, and then - minutes later, it stops.

A 9.2 earthquake has just occurred. Once you have checked on your own family, it's time to head outdoors to meet with your neighbors and put your plan into place. Plan-what plan? The one that will give you and your neighbors the best chance of surviving this mega event.

It is called *Map Your Neighborhood*. The plan is part of the Washington State Emergency Management Division Public Education Program. This plan can be put into place by almost anyone. The State has it all laid out in a workbook. You just have to gather your neighbors together and fill in all the blanks. The workbook covers what each neighbor needs to do right after an event, as well as what the neighborhood will do together (and how it will be done). Each household is armed with information to stand a greater chance of surviving the earthquake. Neighborhood help may be all that is available for a week or two, as normal government resources are overwhelmed.

The best part is this process does not take long once you are gathered. It gives people a chance to meet their neighbors and prepares everyone to help each other.

To start a neighborhood group in our area:

1. Contact NEMCo's Emergency Manager, Carl Lunak (clunak@northshorefire.com), regarding training and the supporting materials for a neighborhood meeting. You can also contact Washington State Emergency Management to find out more about the program and to order MYN materials.
2. *Personally* invite each of the homes in your neighborhood to come to the meeting to be part of the recovery group. Ideally this should be 15-25 homes. If you are creative, you can make cute reminder cards to leave with the date and time of the meeting. Reminder postcards are provided for you to leave closer to the meeting time. But in my experience, neither an email nor postcards had as good of a response as personal invitations.
3. The meeting can be held in anyone's home (people will sit on the floor - don't worry), out in the cul-de-sac, a backyard, a front yard - anywhere in your immediate neighborhood but, preferably, not a public building outside of it. In my neighborhood, I invited people to bring a chair out to the cul-de-sac on a nice summer night.



Briefly, here are the nine steps you will go over during the meeting:

1. Immediately after the event take care of your loved ones and home.
If people wish to discuss personal preparedness in detail, refer them to local CPR , First Aid or CERT classes.
2. Dress for safety.
As the Block Leader, you can show them the recommended items to have ready to go such as a hard hat, sturdy boots, leather gloves, and a flashlight.
3. Check your gas line.
You can demonstrate how at a nearby house. Later, everyone will mark on a map where their gas line is located outside their house.
4. Shut off water at your house main to keep pollutants out of possible drinking water.
5. Post your “OK” or “HELP” sign in your front window (one is included in every workbook).
This lets your neighbors know your status.



6. Place your fire extinguisher on your sidewalk or edge of your street.
Each household will set their fire extinguishers out in front of their homes for use in case of a fire in the neighborhood.
7. Meet at the Neighborhood Gathering Site.
Choose two sites in case one is not accessible. For example, in the middle of the cul-de-sac; at the bottom or top of the hill; in front of a specific landmark or house - but NOT inside someone's home.
8. Form teams at the Gathering Site.
The team makeup will depend on skills and abilities to cover four critical tasks: one team will stay at the site and listen to the Emergency Alert System on a radio; another will check on residents who need extra assistance; others will check gas meters that may need shutting off; and, finally, the last team will check on houses with “HELP” and “OK” cards displayed - rendering assistance where needed.
9. Teams report back at the Neighborhood Gathering Site.

Spending one-and-a-half hours can make an enormous difference in the survival and recovery rate for you and your neighbors. It is very little time for a very big payoff!

Teen CERT

By Robin McKenzie, KI7PZY

On September 9, 2019 Teen CERT (Community Emergency Response Team) started with 29 students from Bothell High School, Inglemore High School, North Creek High School, Woodinville High School, Kenmore Middle School, NorthShore Middle School, and a couple of students from private and home schools. Several parents stayed for the entire first night to observe. They commented that the class was outstanding and they wanted to join!

One of the biggest impacts that our teens had when they went home after class was talking to their parents about the hazards/risks in our area. They engage their families in preparedness planning. Hopefully everyone is following the recommendation from the State of Washington Emergency Management Divisions to be 2 Weeks Ready (<https://mil.wa.gov/preparedness>)



On the second night of class, students learned about fire safety and utility controls. They did hands-on training on how to safely turn off the gas, water and electricity utilities. In addition, they can now conduct a size-up for a fire emergency. They know safety precautions and each of the students was able to demonstrate, using the buddy system, how to put out a small fire. The most fun for all was trying the fire hose. The students continued their training every Monday evening addressing topics including: disaster medical, operations, light Search and Rescue, CERT organization, disaster psychology, and terrorism.

Teen CERT training teaches students about the potential disasters that could affect this area and how to safely and responsibly respond to them. Through Teen CERT, students can serve the community and help take care of their school and home. Students fulfill 24 hours of Community Service towards graduation and college applications.

A final CERT simulated disaster exercise will take place on October 26th in Kenmore. Our students are going to be prepared in the event of a disaster!

Many thanks to Carl Lunak, Emergency Manager for the Northshore Emergency Management Coalition for bringing the first Teen CERT class to Kenmore and Lake Forest Park.



Emergency Water Distribution System

By Randy Schaffer, N7OYN

An earthquake may cause disruption to the normal distribution of water to Northshore Utility District (NUD) served households. Even lesser events like a broken water main, local landslide or flooding could disrupt water distribution to a smaller area.

NUD has designed and built a very simple Water Curtain device that can be located wherever a functioning fire hydrant can be found. Localized water outages can then be quickly addressed.

The Water Curtain is essentially a length of pipe with several taps installed along its length. The pipe is moved near the affected area, hooked up to a hydrant, disinfected and flushed out, and then people needing water can come and fill buckets, bottles and water jugs with fresh, safe water. The system can easily be placed without any major equipment (NUD small truck with boom) and a few volunteers. It can be up and running in just hours of need rather than planning for and deploying a formal CPOD (Community Point of Distribution) with trucked-in bottled water.



On August 21, 2019 at the NEMCo General Meeting, Carl demonstrated the Water Curtain to a large audience. This is an almost perfect example of an NUD deployed system that could very easily be assisted by volunteers. Once it is delivered to the needed area volunteers can easily set it up, have it running and assist people with their water needs. This is a very simple, low-cost system that can rapidly deliver water to a needed area. NUD has built several of these and they are pre-staged in their served area.

Each Water Curtain has an engraved instruction checklist which reads:

1. Connect to Source
2. Flush water curtain at pipe plug for 3 minutes
3. Disconnect source connection and pour in $\frac{1}{2}$ cup bleach
4. Insert plug into hose end
5. Open pipe end plug enough to drip slowly
6. Wait 10 minutes
7. Reconnect source and partially open all hose bibs
8. Flush for 2 minutes



NEMCo training using the Water Curtain is both informative and entertaining.

Flushing the pipe is an aqueous thrill!