



SERVING OUR COMMUNITY

MONTHLY UPDATE

April 2023

Mary Schriener, Editor & PIO
twainhartecert@gmail.com

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NOTES FROM THE PROGRAM MANAGER

by Carol Hallett



April is such a great month, it marks the end of winter and the beginning of spring. I absolutely love watching the blooms as I am walking.

Spring reminds us to get out and start moving again. I was speaking with a gentleman who is going to turn 104 this year and he said his secret to a long life is keep moving. I am taking his advice.

Along with working out 3 days a week I am out walking around Twain Harte 2-3 days a week. I am also making sure that I keep a balance of activities so that life is fun! I am making time to see friends, plan dinners and oh yes, my favorite spring and summer picnics.

This month the THA-CERT was found engaging in different activities and hosting a vitally important training. I hope you enjoy reading about our activities in this newsletter. I also hope to see you on the trails!

We hope you enjoy this month's issue. Our goal is to provide information to the community, focusing on safety and health.

If you have a suggestion for future articles, please contact twainhartecert@gmail.com for consideration of the topic by the board.



Hike to Red Hills Trail

APPRECIATION LUNCHEON

by Carol Hallett, Program Manager



There was a camaraderie in the air that came from being in the trenches together when we were needed during the pandemic; the bond formed while working at the drive-through vaccine clinics. It was great knowing that we were all part of the solution to a world-wide problem.

Michelle Jachetta started the event with some very kind words and a note in her speech that said, "words cannot express.." we all felt the emotion. This was followed by the Public Health Officer reading the beginning of a "Tale of Two Cities". The words eerily expressed the time, this situation, the memory of the time.



My favorite part was hanging out with my friends, the volunteers who gave so much right when the community needed them the most. Not all the volunteers could make the luncheon but we remembered them all fondly.



"It was the best of times, it was the worse of times. It was the age of wisdom, it was the age of foolishness. It was the epoch of belief, it was the epoch of incredulity. It was the season of light, it was the season of darkness. It was the spring..."

WHAT HAPPENED IN APRIL?

by Mike Mandell, Team Leader



April was another slow month for THA-CERT as far as deployments go. We had one call for replacement of a smoke alarm. I supervised, while my partner, Bob (Schreiner), installed a new smoke detector in a house in Twain Harte. This program, which is free to disabled and senior members of our community, is underutilized and I hope that you share information about this program to your friends and neighbors.



Antique Fire Truck got its number

The antique fire engine is sporting its original number, 3, again and is looking better than ever.

We're looking forward to a busy summer. After the Outhouse races and June training, we have the Summer Outdoor Market, and a great August training. Hope to see you all out at the various events this summer. I think we've all earned the right to celebrate the warm weather.



We are doing a lot behind the scenes, though, to prepare for a busy summer and fall season. There are lots of meetings and communications regarding the upcoming Twain Harte Outhouse Races and I hope you will all join us there at Eproson Park on June 10th as we host the races, which are returning after a 3-year hiatus.

We just had a very successful training on CPR and use of AEDs. I hope you will join us in June for the Practical First Aid training (details on the last page of this newsletter).

Now that the weather has warmed up and the chance of snow is minimal, at best, I moved the trailer up from my house in Soulsbyville to Vantage Point, in Twain Harte.



"I just bought this package of batteries and it says, 'Batteries not included.'"

JOIN TWAIN HARTE RADIO NET

by Lise Lemmonier, Planning Section Chief



We are looking to really grow the Twain Harte Radio Net. Why, you might ask? So that we can all be more prepared when an emergency happens. It has been wonderful to be part of the Twain Harte Radio Net and to watch it grow. We are meeting our neighbors and having conversations at least once a week (Sundays at 0900, now on channel 18).

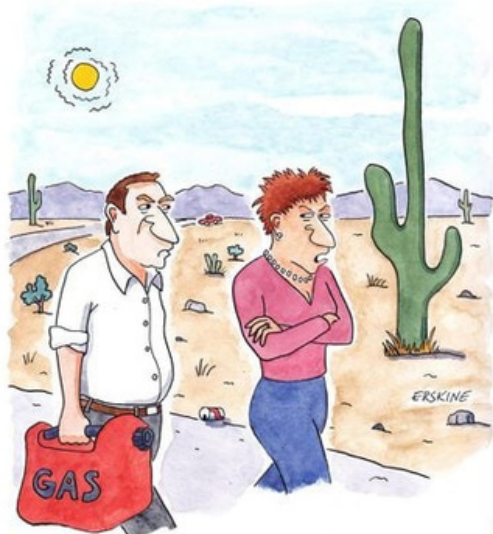
The more people we have on the net the more we can "relay" conversation, which would mean that more people can hear the conversation and get information about emergencies. Right now, we are just sharing information about what is happening in the neighborhood as a means of practicing. During an emergency, we can communicate what is happening in and around town, which could be vital to our decision making about staying or leaving.

This is a low investment way to solve the problem of losing communications during an emergency. The fear that comes along with being isolated is when we really need our community.

We want to make it simple for you to see how easy it is by lending you a radio. Please let us know if you would like to be part of our net. We will give you a radio to borrow, train you on how to use it and test it with you so that you will be comfortable.

The idea behind the Twain Harte Radio Net is to practice using our radios during non-emergency times so that when we need them we will be able to use them effectively to communicate with each other.

To learn how to borrow a radio and get training send a note to: twainhartecert@gmail.com



"I told you the tank was half-empty, but oh no, you said it was half-full."

BEING PREPARED IS VITAL

Fire Season is upon us. Being prepared can be life altering:

- Keep your gas tank full
- Back into your parking spot
- Have your "Go Bag" ready
- Have plenty of water & food
- Have an out of area contact person
- Be part of your neighborhood radio watch (net)
- Have an evacuation plan, and practice it



MAKING A GO BAG VIDEO FOR YOU!

by Mark Holmes



Mark Holmes and his wife, Ellen Cremer, moved from the big city to the Mother Lode 10 years ago into a tent on an undeveloped piece of forest land outside of Twain Harte with no water, power or shelter.

Starting from scratch, they've been slowly building a house, large garden and a new life—largely with their own hands. This includes using beetle-kill pines and cedars for lumber, digging a 925-ft well, harvesting local stones for tiles, and generally taking advantage of the bounty of raw materials and sunlight in this special area. It is a true labor of love!

Along the way, Ellen has taken her 25+ years of dance and yoga training to create Gold Country Yoga, a local studio focused on the quieter, restorative nature of these ancient practices. Mark's professional background in visual effects includes Emmy and Academy Award winning projects like Forest Gump; he's also an avid designer and builder, and has been quite busy this last decade.

Mark and Ellen both try to be, and are, productive, contributing members of this special rural community. Ellen raised funds for the Sonora Area Foundation during the initial shutdowns of Covid-19; Mark helps organize safety and awareness in the neighborhood where they live (far from county services!). Helping produce this Go-Bag video is just a small way of continuing that intention.

Mark attended one of the THA-CERT monthly training classes (Radio Net) and met some of the team. He offered to help with creating a Go Bag video. We picked a date and met up with bag in hand.



Carol Hallett on editing software

His studio was set up and ready for us to get started. Carol Hallett was to be the presenter. Margaret Lawrence and Cindy Howell came along to help out when needed. It was an amazing experience and it was clear that we were in the hands of an experienced professional.

We did a couple takes, added some detail along the way and all of a sudden it was done... well, except for the editing to make it look good. That was all Mark's doing.

Now it is up to you to go onto our website:
www.thacert.org

Download our go bag list as a starting point. Watch the video to learn the secret to being prepared and then build your own go bag.



"Any diet drinks?"

AREA 12 AGENCY ON AGING

by Kristin Millhoff, Executive Director



Information & Assistance

The Information & Assistance program provides information, referrals and support to older adults and their families in our service area. Whether you are looking for a phone number for a particular program, require assistance in helping to identify problems, or need an advocate to ensure you receive the services you need, the Information & Assistance staff can help. Our certified specialists are trained to provide comprehensive assessments to callers in order to assist with difficult and complex situations. We believe when older adults know their options, they are empowered to make decisions that can enhance their lives and enable them to live independently as long as possible.

This service is available at no cost. Voluntary contributions are accepted. However, no eligible individual will be denied services because of an inability to contribute. For information on this program, contact us at (209) 532-6272 or (800) 510-2020 or at info@areal2.org.

Aging & Disability Resource Connection (ADRC) has an online resource directory. It provides a central source of current, reliable, and objective information about a broad range of programs or services available to older adults and persons with disabilities, regardless of income.



"Relax. He could just be looking for fun."

THINGS ARE HAPPENING IN TWAIN HARTE

Reported at the Twain Harte Partners Meeting

Pickle Ball Courts project is also underway. Hoping to have completed by late summer.

Community Center improvement projects start in mid May. The center will not be available to rent from May through July while under constructions. Projects include new flooring, ADA bathroom renovations, and parking lot improvement. These, along with other improvements, will make the center better suited for additional trainings, meetings and forums to be held.

THCS D employees are working with County Employees to fix the sink hole at Eproson Park and get the park re-opened ASAP.

Homeowners are moving forward on Park Improvement projects which include:

1. Re-leveling and re-sodding the grass area in front of the stage
2. New gravel in front of the rock wall
3. Re-staining of the driveway and dance floor concrete.

APRIL CPR & AED TRAINING CLASS

by Margaret Lawrence, Training Officer



On Saturday, April 29th, we held our monthly training meeting at the Twain Harte Community Center. Of the 23 people who attended this training, 12 were members of the community. It was wonderful to see so many people coming out for this important class.

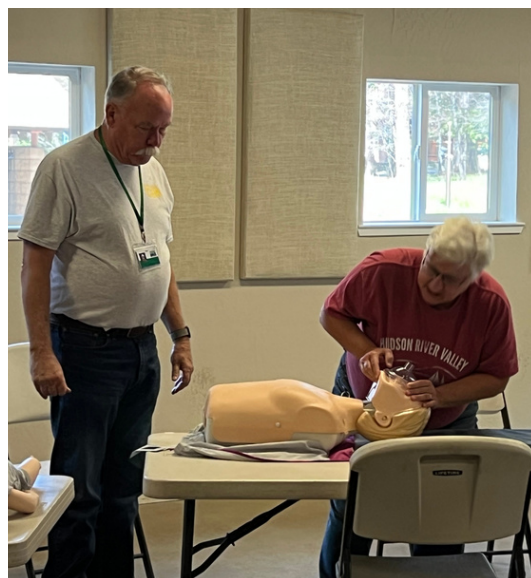
Students were instructed on CPR techniques for adults, children, and infants, as well as the proper use of AED devices. It is great information to have in your back pocket.

A big thank you to our CERT members and training instructors, Michelle Wagner and Randie Revilla for an informative and interesting training.

Due to construction at the Community Center, the May Traffic Control training has been postponed. Be safe and enjoy the upcoming Memorial Day weekend.



Michelle Wagner instructs the class



SENIOR SAFETY TIPS

by John Buckingham, Safety Officer



Since May is Older Americans month, here are some safety tips to take note and be aware of:

- 1) Keep Emergency contacts close to every communication device you use for quick access
- 2) Safety Proof your house to avoid falls and injuries. Keep floors picked up, avoid area rugs, do not put books and objects on the floor where they can trip you up.
- 3) If you have difficulty walking or are prone to falls, consult with your health provider. There are courses available that provide exercises to improve balance. Also wear a medical care button that can be pressed to seek immediate attention.
- 4) Avoid Bathroom hazards by adding pull bars to showers and tubs. Use non slip mats. Keep floors free of towels and clothing and spilled water.
- 5) Make sure all smoke and carbon monoxide detectors are operating. THA-CERT can help with this at no charge!! Contact Mike at (209) 770-2674.
- 6) Be aware of your surroundings and avoid obstacles that could cause a fall
- 7) Protect against abuse to yourself and your finances. Lock doors and windows. Be extremely cautious about giving personal information to strangers or online requests. Stay alert to potential and current scams via AARP. Notify law enforcement if you encounter a scam threat.



WHERE DOES THE TIME GO?

by Lise Lemonnier, Planning Section Chief

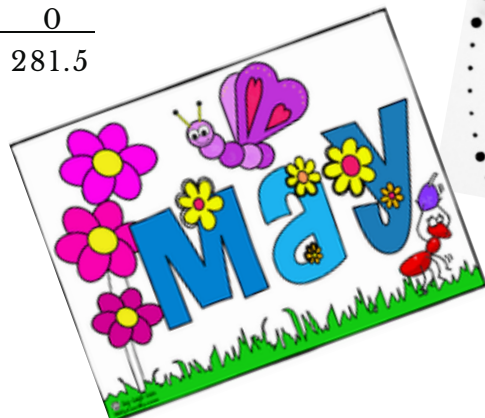
The total THA-CERT volunteer hours for April are:

Administration = 194.5

Training = 87

Deployment = 0

Total April hours = 281.5



Events

Visit Tuolumne County:

<https://www.visittuolumne.com/events>

Twain Harte Chamber of Commerce:

<https://www.twainhartec.com/events>

A lecture at the Nest Nursery in Twain Harte is scheduled for May 21 @ 10:00 am

Discussion will involve native and drought tolerant plants.

Memorial Day Celebration



This year's honoree will be Chuck Evans. The Harte of the Kitchen Store will provide cookies for attendees.

May 29 @ 11:00 am
Arch/flag pole in TH

Training

The May THA-CERT training on Traffic Control has been cancelled, due to construction at the Twain Harte Community center.

June 24th, 0900 - 1200

Practical First Aid Training

THCSD Offices

22912 Vantage Pointe Drive, Twain Harte

Meetings

THCSD Board Meeting

<https://www.twainhartecsd.com/board-meetings>

Wednesday, May 10th, 9:00 am

Save The Date!

THA-CERT Presents

THE WORLD CLASS TWIN HARTE OUTHOUSE RACES

June 10, 2023

Parade at 9:00 AM - Race 10:00 AM to 4:00 PM
Eproson Park, Twain Harte, CA
(AKA "Flushing Downs")



Tot Pot Races
Craft Vendors
Local Food Vendors
Beer & Margaritas

For information contact:
twainhartecert@gmail.com
(209) 481-5790

For vendor information:
mountainmeadowproductions@gmail.com

This fundraiser benefits: Twain Harte Volunteer Fire Department (THVFD) & THA-CERT.

The Summer book sale is tentatively scheduled for June 24 in the parking lot at the Twain Harte Library. It will run 10:00-4:00. More information to be provided as it comes available.



CERT & Fire Association Board Meeting

Thursday, May 11th, 9:30 am

Location: Vantage Point Meeting room