



SERVING OUR COMMUNITY

MONTHLY UPDATE

February 2023

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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 any suggestion for future articles, please contact twainhartecert@gmail.com for consideration by the board.



NOTES FROM THE PROGRAM MANAGER

by Carol Hallett



February is one of the coldest months of the year and so when the white stuff fell from the heavens it stayed and our little town is snowed in. It slowed down some of our activities towards the end of the month but that was a good time to reach out to neighbors and see if anyone needed anything. I love that community feeling!



Our communications training class, that was scheduled for February, had to be postponed but we were able to get it rescheduled for the end of March. We all know that communications is vital during an emergency but wouldn't it have been great to be on a net and hear what was happening during the white out?

Share what is happening around you? The training has been reschedule for March 25, and I hope you plan to attend. We will show you how to keep in touch.



Looking out my window as I write this article

Even though this was a short month and we all stayed closer to home the past week or so you will see that we took advantage of the days we could and had some amazing events in town.

CPR AND AED TRAINING FOR THCS D

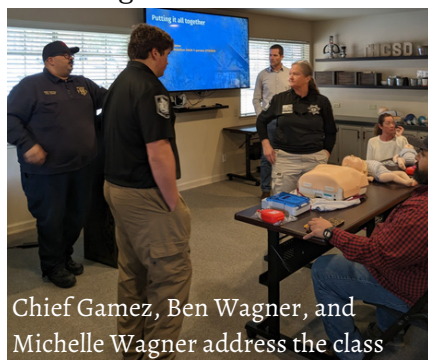
by Michelle Wagner, UAS Unit Leader



In February, UAS Pilot, Ben Wagner, FF Rehab Unit Lead, Randie Revilla, and I provided CPR/AED training to Twain Harte Community Service District employees, as well as a few Board Members. It was a great class! We had a lot of fun getting to know people and sharing some stories from our time in the field.

For those who don't know, Ben currently works as an EMT, I'm a retired law enforcement Tactical EMT, and Randie is a retired Paramedic/Captain from the fire service. One of the things we do in our non-CERT world is to work for a security training company offering classes in a wide variety of topics, one of which is CPR and AED.

The Twain Harte Fire Department received a grant to place Automatic External Defibrillators (AEDs) in some of the businesses around town. Part of that grant also included training in the use of that equipment. Upon finding out that we were certified to teach these classes, Chief Gamez asked if we would be willing to do so.



Chief Gamez, Ben Wagner, and Michelle Wagner address the class

Of course, we JUMPED at the idea! This is OUR community. Of course, we want to help and we ALL benefit from having our community trained in these types of skills. Isn't that what CERT is all about?



Michelle Wagner gives instruction

According to the American Heart Association, more than 350,000 sudden cardiac events occurred outside the hospital in 2020. Bystander CPR increases survivability from these events by 2 or 3 times! I strongly encourage anyone reading this article to search out some training on your own. It's affordable and easy and only takes a few hours out of your day, AND it truly could save a life. If you are able to attend our CERT monthly training in April, we will be offering this training again.



Ben Wagner teaches proper CPR technique

I want to commend the THFD for their forward-thinking and their efforts to make our little community safer. All three of us were honored to be a part of this effort.



THCS D Staff practice what they learned

VEHICLE EXTRICATION TRAINING

by Chief Neil Gamez, THFD



Firefighters from all over California gathered at Meadows Park in Twain Harte California on February 14th through 16th for Common Vehicle Auto Extrication classes. There were several different vehicle scenarios, where firefighters could practice their skills.

Thank you to Adam Harnage, Patrick McKeegan, Cal Fire TCU, and all the Twain Harte Fire staff who made this class happen.

Special thanks to the Twain Harte community,



It takes a lot to put on training classes

who came out to witness first-hand what rescuing victims out of vehicles was all about.

As a Fire Chief of a small department, I was amazed by the community involvement, and I appreciate the one-on-one face time with the public. They were able to get a front-row seat to what truly happens during technical rescue vehicle accidents.



Community members getting one-on-one tour



Learning to use new extraction tool



Supporting cars for safety

Many of the THA-CERT members were able to come by and learned even more about how Firefighters work to save lives.

It was an amazing training for everyone and we plan on scheduling more trainings over due course.

Editor's note: information for this article was extracted from THCS's and Chief Gamez's Facebook posts.

BADGES ON THEIR WAY

by Mike Mandell, Team Leader



Whenever we are deployed we need to show identification, so having THA-CERT badges is important. John Buckingham worked hard to get background checks for our staff which allowed us to get to the next step, creating a beautiful badge. With the guidance from Chief Neil Gamez we created a template that represents our group.



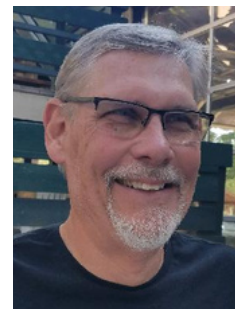
We gathered all the needed material (badge number, titles, graduation dates, photos) and along with the template the project was handed off to one of our newly graduated members, Ellen Emerson. Ellen is a star; she was able to generate the badges as part of her snow day events. This will be the first batch and I will be very happy to hand them out. We will all wear them proudly.



Oh yeah, I see my shadow!

INSTALLING THOSE SMOKE ALARMS

by Bob Schreiner, Logistics Section Chief



You may have heard about our Smoke Alarm Program, where we provide smoke alarms and install them for senior and disabled members of our community. I recently volunteered to assist with the installations, figuring it would be a good fit with my experience as an electrician.

So far, I have only assisted with one installation for a senior living in Sonora. It's a great feeling to be able to do something so simple and yet so important to help keep our most vulnerable neighbors safe. Area 12 Agency on Aging have done a great job of promoting this program and I hope more people take advantage of it.

I enjoy working with Mike (Mandell, Team Leader) and I look forward to installing more alarms, once the snow stops falling and we can get out. Mike says that he likes having me along because he no longer needs to carry big heavy ladders everywhere. I guess being 6'4" does come in handy.



IT'S A GREAT TIME TO GIVE A CALL

by John Buckingham, Safety Officer



When winter weather causes communication issues with your friends, neighbors, the elderly, or disabled, make it a priority to make a physical visit to check up on them (when possible and safe).



Make sure they are wearing adequate clothing in layers and a hat. Inquire about the working sources of heat and what can be used to keep warm.

Check on availability of easy to consume foods such as soup, cup of noodles, or milk.

Try to keep the home warm but well ventilated

Make sure they are up to date on their medications

Check to make sure they are being active, not sitting or lying down for long periods.

Offer to move them to a nearby warming station if it is safe to do so.

Call 911 immediately if the following symptoms are exhibited:

- Sleepiness
- Confusion
- Cold hands or feet
- Pale skin
- Slurred or slow speech
- Dizziness or slow speech
- Poor control over movements or slow reactions
- Weak pulse



Be a good neighbor when weather conditions are challenging!



WHERE DOES THE TIME GO?

by Lise Lemonnier, Planning Section Chief, THA-CERT



The THA-CERT volunteer hours for February are:

| | |
|------------------------|----------|
| Administration = | 148.5 |
| Training = | 20 |
| <u>Deployment =</u> | <u>0</u> |
| Total February hours = | 168.5 |



Events

Visit Tuolumne County:

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

Twain Harte Chamber of Commerce:

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

Training

THA-CERT Emergency Communications Training

Please note: the training originally scheduled for February 25th has been rescheduled to: Saturday, March 25, 2023

Twain Harte Community Center
18775 Manzanita Drive, Twain Harte
0900 to 1200

Trainings are open to the public. This is part of being prepared, so plan to come and bring a friend!



Meetings

THCSD Board Meeting (open to the public)

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

THCSD Board Room at Vantage Point
Wednesday, 08 March 2023 , 9:00 am

CERT & Fire Association Board Meeting

THCSD Board Room at Vantage Point
Thursday, 09 March 2023 , 9:30 am

Save The Date!

THA-CERT CPR & AED Training

Saturday, April 29, 2023

Twain Harte Community Center
18775 Manzanita Drive, Twain Harte
0900 to 1200

This class is open to the public but will require registration. Class participation will be on a first come first serve basis.



Veterans of Foreign Wars
Keith Dale Wann Post 4748

Veterans Ruck March 2023
March 25th @10am

Location:

VFW Post 4748, 18375 Fir Ave Tuolumne CA 95379



The "Vets Ruck March" fundraiser is for all ages, it will be held on Saturday March 25th, 2023. We will start at 10am in front of the Tuolumne Veterans Memorial Hall and finish by noon. Our goal is to get at least 200 donating participants which will help support our Post's Programs.

Registration is \$60. Each participant will get a patch and event shirt. Logos of sponsors will be printed on the backs of the event shirts, as well as on our promotion efforts; sponsorships are a minimum of \$500.

Participants are encouraged to bring a backpack that is at least 22lbs, in memory of those that have fallen to suicide. To be in the running for 1st, 2nd and 3rd place prizes a 22lb backpack is required (Men and Woman Classes). Please consider filling your backpack with items to donate to our "Homeless Veterans Program" after finishing the March.

The entire march route will be roughly 3 miles; mainly flat with one hill, on paved and dirt roads, friendly for all ages. Route maps will be provided at the sign in table, and route will also be marked with signage. We will have all participants sign a release of liability at sign in between 9am to 9:45am.

Registration: (Please Circle)

Print Name: _____ Shirt Size: Adult Child & S M L XL XXL

Address: _____

Email: _____ Cell: _____

Payment Methods:
 Please mail or email your registration form with or after you make your payment:
 VFW Post 4748, 18375 Fir Ave Tuolumne CA 95379 or vfwpost4748@yahoo.com
 *Make Checks Payable to "VFW Post 4748" memo "Vets Ruck".
 *PayPal vfwpost4748@gmail.com or Contact QM 209-206-6768 for credit card payments.

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