Director’s Corner

Happy April Fools’ (or All Fool”) Day to our fellow disaster groupies and partners! Today, of all the days in the year, holds a special place in my heart for both personal and professional reasons. First, in the spirit of full-disclosure, I must reveal that YES, I am an April Fool’s Baby and have countless stories and antics of how I was forced to recognize and celebrate this annual “semi-holiday” with my family and friends. I would like to think that after 50+ years of receiving every conceivable gag gift -- from exploding pens, to whooppee cushions, and handshake buzzers -- that I would be immune from surprises. But alas, through my colorful recollections of past April 1st events, I now recognize and fully-appreciate how dealing with hoaxes, practical jokes and uncertainty did truly prepare me for promising new career in emergency management. Think about it … emergency and crisis managers must primarily deal with the stark reality of critical incidents and disasters. However, we increasingly, we are required to react to news and public perceptions as a result of hoaxes, rumors and practical jokes gone awry. The rapid expansion of the internet and social media tools now unfortunately also now provides some members of our society with a free and relatively anonymous forum for this kind of mischief and misinformation. With our partners, UWEM works hard to debunk many of these rumors or “urban myths” via our underlying operating principle to openly share threat and hazard information with our campus community using a balanced approach. We strive to provide credible event and situation analysis via validated sources. And, as we do with every urgent communication, we want to also try to provide our stakeholders with additional information on how you can best respond or what resources are available to assist them. By providing timely crisis information, training and tools to our stakeholders, we hope to empower you to take action to prepare for any eventuality (either real or a hoax). So, go out and me celebrate this special day with all the Fools in your life that we have all come to love and admire!

Steve Charvat, UWEM Director

The Whole U Presents

Prepare for an Earthquake with UW Emergency Management!

Register now!

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Partner of the Quarter: Alicia Halberg

The first 2016 UWEM Partner of the Quarter was recently awarded to yet another well-deserving member or our extended UWEM family. And, once again, the announcement came as a total surprise to the person who was unanimously selected last January by an esteemed panel of campus emergency managers.

The January – March 2016 UWEM Partner of the Quarter award was presented to Ms. Alicia Halberg from UW Facilities Services. On February 24th, at a workshop attended by over 100 of her peers at the FS Training Center, the entire UWEM Team. While many faculty and staff may have never met Alicia, most have been exposed to her works. On a daily basis, Alicia works as a Public Information Specialist assisting the Facilities Services organization in developing, refining and improving their internal and external messaging to their customers, stakeholders and clients. UWEM, as a small department within the FS family, has taken full advantage of Alicia’s expertise and creativity in helping us “raise the bar” in our public outreach. From editing our newsletters, to making sure we use the right “W” font and purply-purple in our PowerPoints, to taking professional photographs of events and campus incidents, Alicia’s God-given gifts are both unique and greatly appreciated. Congratulations Alicia – YOU ARE A VALUED MEMBER OF OUR TEAM!

Fire Safety Tips for Your Home

7 Safety Tips:

1. Make a home escape plan. Create a map of your home showing all doors and window and discuss the plan with everyone in your home.

2. If possible, know at least two ways out of each room. Ensure all doors and windows leading outside open easily.

3. Establish an outside meeting place a safe distance from your home where everyone should meet.

4. Practice your home fire drill at night and during the day with everyone in your home, twice a year.

5. Practice using different ways out.

6. Teach your children how to escape on their own in case you can’t help them.

7. Close doors behind you as you leave.
University Resilience has been a key effort of UWEM since the earliest days of our department’s establishment. We began business continuity planning at the University in 2006 as a grant-funded pilot. Ten years later, we’ve made significant leaps and bounds in improving the operational resilience of the University, but we have a long way to go still. The decentralized nature of the UW makes some basic information, such as “How many departments do we really have?” difficult to pin-point. In a recent effort to gather information for a soon to be released UW Seattle Campus resilience report, we were able to look at the number of payroll coordinators and which departments they serve as a basic analog for how many departments the UW has. Based on that information and some other data that is available through our business continuity planning tool, Husky Ready, it appears that about 1/3 of all departments are engaged in the Business, Academic and Research (BARC) planning effort coordinated by UWEM. That’s good news! It means that over time we’ve been able to recruit and engage a significant portion of the University Community to help prepares itself for disasters and disruptions, by becoming more resilient through BARC planning.

It also shows us that we have quite a ways to go, still. The majority of departments engaged in BARC planning with UWEM are administrative in nature. There are not very many academic or research departments engaged in the necessary planning to ensure that they are resilient against disruption and/or more efficient in recovery should a disruption to their operations actually occur. This is significant, because it is the academic and research operations of the University that are truly at its core raison d’etre. Without those operations, everything else the UW does is simply anecdotal trim.

New efforts, such as the UW Resilience Workgroup and other proactive outreach efforts by UWEM are focusing on academic and research departments of the University to help encourage their participation as well.

Mitigation Walk-throughs Continue...

As one of the first real initiatives of UW’s new Seismic Resilience Program, Mitigation Walk-throughs have been taking the Seattle campus “by storm”...

Program Manager, Stacie Smith, has completed Mitigation Walk-throughs at numerous locations across campus and beyond, including the Treasury Office, UW Medical Center, and Startup Hall. Mitigation walk-throughs focus on easy fixes to common workplace hazards based on real world experiences around the globe. Some mitigation efforts are as simple as moving furniture or belongings, placing a non-slip mat under equipment and/or belongings, or introducing processes and procedures that increase earthquake safety. Other more robust mitigation measures could require a Facilities Maintenance and Construction (FMC) work order, like bolting cabinets to the wall, or shelf retention.

All measures pointed out during a Mitigation Walkthrough are regarded as safety suggestions, and will in no way require action on the part of any individual UW employee or department as a whole. To schedule a walkthrough for your department, floor, or building, send an email with preferred days and times to disaster@uw.edu.
On February 10th the UW held its first annual Safety, Sustainability and Preparedness Expo. This event was a collaborative effort of UW Environmental Health & Safety (EH&S), Finance and Facilities, UW Sustainability, and Emergency Management. These departments collaborated to bring a unified event for the UW community to learn more about lab and worker safety, emergency preparedness and environmental sustainability at the UW. Over 70 booths were filled with external safety and preparedness vendors as well as UW departments focused on the topics at hand. Each attendee received a safety bag and various items from vendors to help fill their emergency kits. The expo was a huge success with over 500 people in attendance.
Practice what we preach! How can we expect our community to get prepared if we as emergency managers are not doing them same? Each of us in our own way are already disaster geeks, but once a year we see who takes the cake! We block out a Friday afternoon each March on everyone’s calendar’s to update and review our own personal emergency kits we keep at work. We check for expiration dates of food, water, light sticks and medicine. We review checklists to make sure we each have the basic essentials and make new lists of items we might want to add. This year Scott Preston offered our team some basic survival training on water filtration techniques, purification and various fire starting gadgets.

When is your next emergency supply kit update? Click HERE for some tips on what to put in your kit.
Japanese Students Visit the UW EOC

In partnership with Peacewinds America, UWEM had the opportunity in February of this year, to once again host a delegation from a foreign country to tour the UW EOC and learn about emergency management.

Last time we hosted a group of government officials from Hai Phong, Vietnam in January 2015. We showed them our EOC, discussed how the UW does emergency management and talked about theories of emergency management and continuity of operations planning for their local governments back in Vietnam.

This time, we hosted a group of students and professors from Kansai University of International Studies in Japan. We partnered with UWPD and Major Steve Rittereiser who did a presentation on University policing and active shooter training for our students, staff and faculty. Our office then presented on University emergency planning, including the emergency planning necessary for large-scale special events. UWEM Director, Steve Charvat was able to gift Prof. Takanori “Ginn” Kitaoka with a copy of a book on the Incident Command System written in Japanese. During their visit to Seattle, the group also met with Seattle Pacific University, the Seattle Police Department, Seattle Office of Emergency Management and the Region X FEMA headquarters in Bothell.

This same group returned again a few days later to discuss what they had learned in their visit and to receive some training from UWEM staff in incident management and basic ICS. Part of that training was an ICS “game” that uses children’s building blocks developed by UWEM staff to teach the basic principles of ICS and incident management.

UWEM strongly supports international collaboration for emergency planning and response and is an active member of the International Association of Emergency Managers, with staff serving in national and regional positions of the professional association.
UW CERT vs. Husky CERT

**Background:** In the most basic terms, Community Emergency Response Team (CERT) educates individuals about disaster preparedness for hazards that may impact their area, and trains them in basic disaster response skills, such as fire safety, light search and rescue, team organization, and disaster medical operations. Using training learned in the classroom and during exercises, CERT volunteers can assist others in their community following a disaster when professional responders are not immediately available to help.

**UW CERT:** Some UW faculty and staff may remember a grant-funded effort between 2003 and 2008 that supported the establishment of UW CERT teams around the UW Seattle campus. The program provided training and materials to members of the UW community that were involved in the program.

**Husky CERT:** a current student organization that provides volunteer first aid standby, CPR and first aid training, and other services on the UW Campus. Many of these students are fulfilling volunteer requirements for a pre-med degree. Husky CERT is hoping to recruit and train Faculty and Staff in order to increase potential medical response on campus after a major emergency.

UW Bothell offering FREE CERT Training

*Contact Darren Branum to sign up for training dlbranum@uw.edu or 425-352-3763.*

**Tuesdays: April 5 - May 31, 2016, 6:00 - 9:00 PM**

**Final Exercise Tuesday: May 31, 2016, 6:00 - 9:00 PM**

**Tuesday, April 5th - Unit 1, Disaster Preparedness:** Local hazards; utility controls, actions to take before, during and after a disaster; and CERT organization.

**Tuesday, April 12th - Unit 2, Disaster Fire Suppression:** Safe use of extinguishers, sizing up a situation, controlling utilities, and extinguishing a live fire.

**Tuesday, April 19th - Unit 3, Disaster Medical Ops 1:** Managing life threatening conditions such as airway obstruction, bleeding, and shock. Basic disaster triage.

**Tuesday, April 26th - Unit 8, Terrorism:** Define and recognize terrorism threats and signs.

**Unit 7, Disaster Psychology:** Signs and symptoms experienced by the disaster victim and worker.

**Tuesday, May 3rd - Unit 4, Disaster Medical Ops 2:** Evaluating patients, establishing a medical treatment area, sanitation, and managing minor nonlife threatening injuries.

**Tuesday, May 10th - Unit 5, Light Search and Rescue:** Search and Rescue planning, size-up, search techniques, rescue techniques, and rescuer safety.

**Tuesday, May 17th - Course review / Combining the basics**

**Tuesday, May 24th - Units 6, Team Organization:** C-CERT organization, management principles, and documentation.

**Tuesday, May 31st - Unit 9, Disaster Simulation Final Exercise:** Hands on exercises to practice skills.
Disaster Movie Review

Starring: Lily James, Sam Riley, Jack Huston

What is it? A fun, occasionally gory, mash-up of Jane Austen’s classic novel “Pride and Prejudice” with a zombie apocalypse set in rural 19th century England. Think of it as “Downton Abbey” meets the “Walking Dead”.

The Bennet sisters are from a well-respected family who are not only well-bred examples of English country aristocracy, they can kick zombie booty too! They are considered a fine catch for any Victorian gentleman who appreciates beauty, sophistication and a skilled swordswoman.

Why Did We See It? Some of our family members are HUGE “Pride and Prejudice” fans (along with any other period piece from the 19th Century) and some of us and our family members are Zombie fans as well. Seems like a match made in heaven (or at least a motion picture production studio).

Any Real-world Connections to Real Disasters? Yes, actually there is. In any disaster or major emergency, the daily infrastructure we usually rely on may not be available, so we may find ourselves having to rely on our own wit and skills to provide for our safety and help others. Although it’s very unlikely you’ll need to develop the martial arts prowess of the Bennet girls to fight zombies, it wouldn’t be such a bad idea to know basic disaster skills such as first aid, wilderness survival and CERT (community emergency response team). A little know-how and preparation for a disaster can make a big difference in the options that are available to you in the absence of the municipal utility services we all rely on.

BBQ Season is Fast Approaching

Grilling/BBQ Safety Preparedness Tips

- All barbeque grills must only be used outdoors — using grills indoors or in enclosed spaces is not only a fire hazard, but it exposes occupants to toxic gasses and potential asphyxiation.
- Always position the grill well away from combustible objects — buildings, fences, deck railings and landscaping can easily and quickly ignite.
- Get your grill cleaned and serviced. Check all propane tanks and lines for leaks and damage.
- Never leave a lit grill unattended.
- Always use long handled grilling utensils and heat resistant oven mitts to avoid exposure burns from heat and flames.
- Periodically remove grease build-up in catch trays to prevent it from igniting.
- Keep a garden hose nearby, connected and ready for use in case of a fire.
Do you remember what you were doing recently the morning of March 10th or the evening of March 13th? Like over 300,000 of my fellow Western Washington residents, I spent hours in the dark attempting to perform even basic household duties without any electricity. While Mother Nature’s spring windstorms were the culprit on both occasions, there lurks an even more ominous and dangerous threat to a basic utility that most of us take for granted and one that supports our very way of living. A recent New York Times bestselling book, “Lights Out” has people talking. The Library Journal states that “[Ted] Koppel has worked with big problems for most of his career. Here he looks primarily at the electrical grid supporting our modern society. Koppel examines how an attack on it might take place, originating from both other nations and individuals; how unprepared the U.S. government and companies are to deal with such an event; and how difficult it will be for citizens and organizations to cope with a long-term outage (of months or even years). The experts ...consulted all highlight the interconnectedness and vulnerability of this vital infrastructure and what we must do to protect it. One theme is that we have long been a reactive society, when a vigorous and coordinated proactive approach, while expensive, would return much better results in the long run. The threat is real, complicated, and growing; as it stands, individual survival if the lights go out will be extremely hard.” My verdict: An easy to read and understand book. If you weren’t concerned about an earthquake knocking out your power, you should be more concerned about terrorists knocking us back to the 1850s. Even a die-hard emergency manager learned a lot by reading this book. Let’s hope this book stays filed under “fiction” in the library for all our sanity. Click here for a short YouTube video narrated by Ted Koppel that shows us how vulnerable we really are. It is guaranteed to make you stay awake tonight!

Reviewed by: Steve Charvat, CEM

Can I Text 9-1-1 Instead of Calling?

The abundance of messaging technology available today is leaving less and less minutes used on that reoccurring cell phone bill. Calling 9-1-1, however, is still your best bet. According to the Washington State Emergency Management Division, “All 911 centers in Washington are currently working to upgrade their systems in order to accept Text-to-911, but the technology is not statewide yet.”

There are currently seven counties in the state, including Snohomish, which will accept Text-to-911, and one more county in testing. However, as previously stated, calling should be your first choice. “A conversation can relay the needed information to get you the help or services you need much more quickly than a text conversation. Call if you can; text if you can’t. A dispatcher will likely ask you if you are available to talk.” Furthermore, a dispatcher will not necessarily know your location when the Text-to-911 service is used. It is good practice to always know your location.

King County is NOT yet accepting Text-to911. If someone texts 911 in a county that does not accept texts, they should get an alert message and be notified to call for help. “Text-to-911 is intended to benefit people that may not be able to speak due to an emergency situation, such as a home invasion or abusive partner, as well as individuals that are deaf, hard of hearing, or have speech disabilities. If you are using Text-to-911 because you are trying to not be heard, don’t forget to silence your cell phone.” -Emergency Management Division, Washington State
It's called an earthquake cake because of the ingredients shifting around during and after baking: the cream cheese mixture sinks into the cake, some of the pecans and coconut rise towards the top, and it's an uneven and not very beautiful-looking cake. But don't let that stop you, it's gooey and chocolatey and delicious!

**Ingredients:**

1 cup shredded sweetened coconut  
1/2 cup chopped pecans  
1 box German chocolate cake mix  
3 eggs  
1 1/3 cup water  
1/2 cup vegetable oil  
8 oz softened cream cheese  
½ cup (4 oz) butter  
2 cups powdered sugar (also known as confectioners’ sugar or icing sugar)  
1 tsp vanilla extract  
1 cup dark chocolate chips

**Directions:**

1. Preheat the oven to 350F. Spray a 9×13 baking pan with non-stick spray.
2. Sprinkle the coconut in an even layer in the pan followed by the pecans.
3. In a large mixing bowl, whisk the cake mix with the eggs, water and vegetable oil.
4. Pour the cake batter over pecans & coconut.
5. In a medium saucepan over medium heat, melt butter and cream cheese together, then transfer to a 4 cup measuring cup and whisk or beat in the powdered sugar with a hand mixer until smooth. Stir in the vanilla.
6. Pour the cream cheese mixture in ribbons on top of the cake batter, then swirl with a knife.
7. Top with the chocolate chips.
8. Bake 45-55 minutes.

*Tip: the toothpick test won’t work for this cake because of the gooey chocolate and cream cheese; the cake is done when you can gently shake the pan and the center of the cake no longer jiggles.

http://tiphero.com/earthquake-cake/
These fudgy, rich, and oh so yummy cookies have a powdered sugar coating that cracks upon baking. They’re named earthquakes! Prep time includes refrigerating time. They freeze very well. Enjoy!

Ingredients:

8 tablespoons unsalted butter
4 ounces unsweetened chocolate (4 squares)
4 eggs
2 cups sugar
2 teaspoons vanilla extract
2 cups flour
2 teaspoons baking powder
¼ teaspoon salt
1 cup powdered sugar

Directions:

1. Melt chocolate and butter over low heat in a heavy saucepan until chocolate is almost melted, stirring frequently.

2. Remove from heat and let chocolate finish melting, then cool.

3. In a large bowl, whisk eggs until well beaten.

4. Whisk in sugar, vanilla, and melted chocolate mixture.

5. Add flour, baking powder and salt, and whisk until smooth.

6. Chill the mixture until firm, at least 2 hours, and up to 24 hours.

7. When ready to bake, preheat oven to 350 degrees F.

8. Lightly butter one or two baking sheets.

9. Place powdered sugar in a small bowl.

10. Using about a teaspoon of the cookie dough, roll it between your palms to shape into a ball.

11. Roll the ball in powdered sugar to coat, then place on baking sheet, you should be able to get a dozen on a sheet.

12. Bake for 12 minutes, switching placement of baking sheets at half point if you are baking 2 sheets at once.

Cool slightly before removing to wire rack to finish cooling.

http://www.food.com/recipe/chocolate-earthquake-cookies-32288
April: 72-hour Comfort Kits

Chances are you have to rely upon supplies you have available in your home for at least the first three days following any major disaster.

Store items in something that is portable and easily carried, like a plastic tub with a tight-fitting lid. In the event of fire or rapid evacuation, you’ll appreciate having more that just the clothes on your back.

May: Important Documents

After a major disaster, you may need financial assistance and will want to document any property loss for insurance and income tax purposes. Having ready access to the documents necessary for completing application forms, as well as those which would be difficult to replace, will help reduce delay and frustration.

June: Extended Event Supplies

Coping with the impact of a disaster is never fun. However, much of the inconvenience and discomfort the disaster causes can be reduced by planning alternative ways to take care of your needs.

For more preparedness information please download your own copy of Washington State Emergency Management’s Emergency Preparedness Guide.