

# “NO BAND-AID” NEWSLETTER

## EAST COUNTY CERT

JAN 2026

### Turning a new page

Welcome to the new EC CERT monthly Newsletter.

The Newsletter will include information on events past and upcoming, training opportunities, member spotlights and much more!

This is a new endeavor for us so please be patient with us while we go through our growing pains.

Please contact the Web/Newsletter section to submit ideas for stories, interviews, or any other input.

This issue is intended to let you know where we're going and with your help, we'll get there.

#### STARTING THE NEW YEAR OFF RIGHT

We hope all of you had a safe and enjoyable Holiday Season and we want to wish you a Very Happy New Year!

Last year, two of our members were asked to be “co-leads” for the EC CERT group. Mike Bailey and Cyndi Meeves agreed to take on the duties but we still have holes in the leadership for some of our Sections.

This year, we are looking for our members to step up and volunteer to lead (chair) and contribute to the Sections to keep us moving forward. You may volunteer to be involved in more than one Section and the co-leads will always be available to help and guide but DO NOT bite off more than you can chew! This is a 1-year commitment.

**What is a Section?** Each of the eight Section cover a specific area necessary in the coordinated function of our CERT program. Several of the Sections will need to work together regularly and others work mostly by themselves. The Sections will fulfill the expectations in the Guidelines. Each section will have a Chairperson to organize the duties and delegate as needed. The Chair will have the assistance of our Co-leads as needed. Each Section can identify subsections as needed and adjust their guidelines with the approval of the co-leads.

**Requirements to Join:** Honestly, all you need a willingness to jump in and participate, be a team player and have access to email. Many of the sections have been in place for years with seasoned CERT members. They will be happy to help. Our goal is to be a cohesive and well-trained Unit

**Are you Interested?** Contact Andy, and let him know what Section(s) you are interested in. Our co-leads, Mike, Cyndi and Brian have their fingers in all of the Sections and are happy to answer any questions you may have.

**Level of Commitment needed:** Most Sections meet monthly via Zoom or in person, usually at La Mesa Heartland Fire Station 11. Hours vary depending on assigned task and monthly goals. Meetings are usually held on weekdays from 7-9pm. Much of our communications is done via emails.

If you have volunteered in the past or are currently on any of these Sections, THANK YOU! That said, we would like you to re-apply so we have a current list of members' interests. Previous lists will be purged then updated with the new requests.

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The eight Sections that cover most of what we do as CERT members are;

**Administration:** Assist with administrative duties to keep our Unit functioning effectively.

**Training:** Help develop training topics and plans for supplemental training, presentations, lectures, hands-on, and tabletop exercises. Inspect and maintain training aids.

**Logistics:** Keep track of supplies and equipment. Inspect and inventory equipment and supplies. Coordinate resources for exercises and deployment.

**Web / Newsletter:** Assist with updating our website with CERT related information. Assist with writing and distributing the electronic newsletter.

**Social Media:** Assists with promoting CERT and recruiting through social media. Maintain and update Social Media sites.

**Public Education:** Organize table top displays and develop ways to promote emergency preparedness at public events. Keep track the number of people contacted at events and the supplies used.

**Volunteer Recognition:** Brainstorm ways to reward volunteers and plan volunteer activities & recognition.

**Radio Communications:** Amateur radio license not required, but if you want one, we can help you get it. Assist with radio communications during public events, exercises, and deployments. Develop training exercises using radios.

### IT'S ALL ABOUT YOU!

CERT is an interesting organization. It's a Nationaly known organization and when you tell someone you meet across the country that you're with a CERT group, many know exactly what you're talking about. The rest get to hear you enthusiastically explain what CERT is about and maybe influence them to join a CERT group in their area.

That same enthusiasm is needed here. Spread the word, volunteer for committees and contribute at events. Your current skill level should not stop you from getting more involved. We work as a team. We make each other better. This is YOUR group. Make it the best it can be.