

“NO BAND-AIDS” NEWSLETTER

August 2026

INFORMATION AT A GLANCE

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EAST COUNTY CERT

WHATS BEEN HAPPENING

On Thursday, August 6th, East County CERT joined the Santee San Diego Sheriff's Office for their annual National Night Out event at the Town Center Community Park. This event brought together neighbors, first responders, and community organizations to promote safety, preparedness, and neighborhood camaraderie. Our booth provided key preparedness information, demonstrations, and training to the public.

Thanks to our members who provided their public education expertise: Michelle Seim, Mike Martinka, Cindy McMievick, Bernie Clowers, and Brian Jackson, who worked a double shift, handling equipment pickup, drop-off, and return.

A large crowd enjoyed the free concert featuring the popular Rockabilly band, *The Sea Monks*.



Comments from the public:

"I never thought about dog food and a Go-Bag for my dog! Thanks for the information."

"I'm pretty well set with food, radios, and an evacuation plan, but a thumb drive for my important documents? That's something I didn't know!"

"Kids Go-Bags, I didn't think to have their own, and the addition of non-electrical games is a great idea. "

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Upcoming Training

Traffic and Crowd Management Training

Saturday, August 22, 2026 0900-12:00

Grossmont College Conference Room



As a CERT volunteer, you may be called upon to manage traffic and assist the public during events, PODs, mutual aid training, evacuation sites, and disasters by setting up traffic safe zones, blocking hazards, and redirecting vehicles. Come join us to learn safe and effective traffic and crowd management training. As a bonus, you can practice your whistling and hand gestures (no single digits).

Wide Area Search and Rescue

Saturday, September 26th 0830-1200

Heartland Fire, Station 11 Conference Room

Lecture on techniques and types of searches. Presented by Santee Fire personnel. Afterwards, an exterior SAR exercise put on by your training team, with radios included. So bring your gear and don't forget your FOG (that yellow resource book).

East County CERT General Meeting

Wednesday, September 23rd, 1900-2100 (7pm – 9pm)

All east County CERT members are encouraged to attend. The meeting is also open to anyone with an interest in CERT. The training refresher for this meeting will be on Search and Rescue. We hope to see you there!



Are you following us?

East County CERT has a Facebook site and an Instagram (IG) account at **Eastcountycert**. Our thanks to Nicole, who does a great job of creating engaging posts and keeping our IG posts fresh and interesting. Don't forget to **Follow and Like!**

LOOKING AHEAD – PUBLIC EVENTS



September 12th La Mesa Safety Fair.

September 19th, Santee Fire Dept. Pancake Breakfast

October 2nd, 3rd & 4th La Mesa Oktoberfest