



SERVING OUR COMMUNITY

MONTHLY UPDATE

May 2023

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NOTES FROM THE PROGRAM MANAGER

by Carol Hallett



May was a month of beauty, change and events. Our team was right in the middle of all of it and as usual leading the way.

Mother Nature hit us hard this winter with all the storms and, of course, that brought us great beauty in the spring, along with a great deal of pollen, did any one else notice?

There were many changes that happened, AED's around town, new CERT container for storage delivered, flags flying high for Memorial day. Each story a testament to the dedication of the THA-CERT volunteers. Those stories and much more are here in the newsletter for your reading pleasure.

There is one other thing that happened this month that is not in the newsletter but I wanted to share. I was honored this month to volunteer at the Special Olympics during Mother's day weekend. It was not a CERT event but there were a few of our CERT members that joined me. I want to recognize Margaret Lawrence, Pat Haley & John Bagnal for coming to the call for help. It turned out that it was one of the most heart warming events I have ever been to. The organizers did a great job, the volunteers were wonderful, but the athletes stole the show... they were simply amazing!



Water Falls at Pinecrest Lake

TWAIN HARTE "HEART START" PROGRAM

by Neil Gamez, Chief, THFD



On March 6th, the Twain Harte Fire Department completed a year-long community project called the Twain Harte Heart Start. This community project, which was grant funded by the Sonora Area Foundation, intended to strategically place Automatic External Defibrillators (AED) in high foot traffic areas in Twain Harte, which would allow quicker deployment of an AED if someone were in need. This grant also provided each business location where the AEDs were placed free CPR/AED training and state-of-the-art CPR manikins and AED trainers.



THCSD staff members practice at the February CPR/AED training

To expand on the original training provided, two additional training sessions have been held, so far; Twain Harte Fire Chief Neil Gamez organized one for 24 of the Twain Harte Community Services District (THCSD) employees (including some board members) in February, and Twain Harte Area Community Emergency Response Team (THA-CERT) organized a training in April for the community, which had 23 attendees. Both sessions were taught by Michelle Wagner and Randie Revilla. Michelle is a retired law enforcement Tactical EMT, and Randie is a retired Paramedic/Captain from the fire service. In addition to being active members of THA-CERT, both work for a security training company offering classes in a wide variety of topics, one of which is CPR & AED.

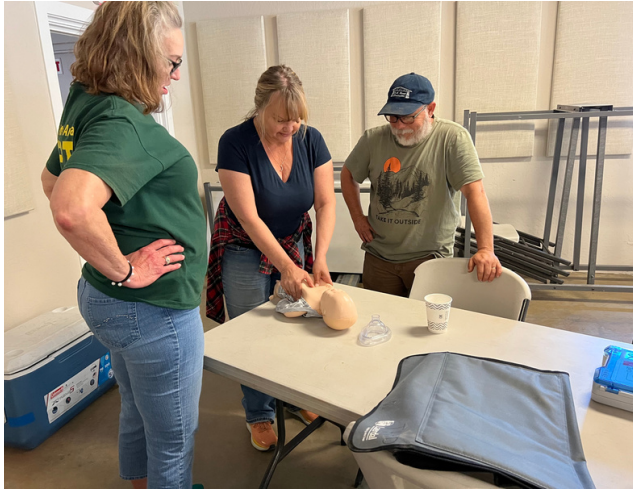
The program was an idea by both THCSD General Manager Tom Trott and Chief Gamez. The idea came from reviewing the department's strategic plan, something the THCSD does annually. Trott and Gamez were exploring creative ways to promote safety within our district. Chief Gamez described an incident when he was a station Captain at a local business when a patron collapsed and stopped breathing. There was an off-duty police officer in the next aisle who heard the commotion, went to see what was happening, and began CPR. The patron had regained a pulse by the time THFD arrived at the scene.



AED installed at ACE Hardware in Twain Harte

“That incident always stuck in my mind about the right place at the right time for the person in need, but not just that; how can we add another layer of protection to the citizens who reside and visit our great mountain community?” said Gamez. When the opportunity presented itself for a grant to fund this pet project potentially, Chief Gamez

TH HEART START PROGRAM, cont'd



Participants practice during the April THA-CERT CPR/AED training

was excited to bring it to life. “When GM Trott and I sat down to go over the details of the grant, he was very supportive and as excited as I was to see this community project to the end,” said Gamez. The current locations of these AEDs are:

- The Local Press
- Twain Harte Cal Fire
- Twain Harte Lumber
- Twain Harte Pharmacy
- Twain Harte Market

STORAGE FOR THA-CERT

by Carol Hallett, Program Manager



The land was prepped (thanks Jason Karney) ready for the long awaited day when our Land-sea Container would arrive. We had anticipated the arrival back in October 2022 but a million snow flakes got in our way but we were not deterred.



I stood waiting for the arrival with baited breath. It was so exciting to make one more of our dreams come true. It sounds a bit corny but that is the way I felt. Here it came this big blue ugly box and I was ecstatic. As the driver backed up the hill and maneuvered it into place I was just hoping all the planning worked out. It was about this time when we noticed a sign on container... "Super Heavy", that seemed obvious but it made me giggle.



Once we decided exactly where we wanted it on the pad, the driver, Patrick, made a couple of adjustments and then off the trailer it came.

Exactly where we wanted it. Now the work begins. We have space for storage and projects ahead that will allow us to do even more for our community.



Thanks to all who helped to make this happen, it took teamwork.



WE'RE NOT JUST HANGING AROUND

by Mike Mandell, Team Leader



The Outhouse race has been our focus this month, with so many details to oversee. It is always astonishing how generous people are and this event proved it once again. Sky Line loaned us 4 large tents so that we can create shade for the spectators on what is usually a hot day...this year it may be shelter from rain.

We had a crew go pick up the canopies. There were a lot of pieces. We figured out where all the parts belonged, washed everything, fixed broken parts, and mended the tarp on one of the canopies and now they are ready to use.

T & C Signs made several banners to help promote this event. Several people took the banners and hung them. I hung a couple down the hill and Terry Northcutt found unique places to hang them. I hope you have seen them.

Business First, as always, have been a great partner and resource. We ordered shirts, small flyers, and large posters (which were delivered up and down Highways 108 & 4 by Greg the Poster guy). Without Lin we would have been lost.



Banner hanging on the overpass in Twain Harte

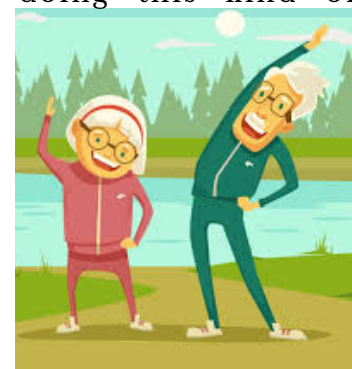
We were able to get Bear Tent Brewing Company to provide beer; we will also offer margaritas (tequila and Coors Light coming from Mountain Liquors), and soft drinks. Many meetings were held to discuss the next items of business. We will be heading down to Lockford Meats for sausages...it is going to be quite a feast. Plus we have local food vendors like Pizza Factory and Local Press. There are lots of craft vendors as well. It is going to be a fun filled day that you will not want to miss.



Mike Mandell & Bob Schreiner washing the tarp

Why are we doing all of this? This is a fundraiser to purchase a LUCAS Device for THFD. It is not cheap but it will save lives and that is worth every minute that we spend planning and working on this event...plus we like doing this kind of thing. It keeps us out of trouble, or at least trouble has a harder time finding us!

Editor's note: What is LUCAS? Please see the article on Pg 6)



Keep Active
Stretching by the lake



FLAGS ARE FLYING AGAIN

by Lise Lemonnier, Planning Section Chief



We had another wonderful Memorial Day weekend in our little town of Twain Harte. It was filled with people enjoying the not-so-hot weather.

As usual, we made sure we had as many American flags lining our streets as possible, honoring our fallen heroes. Our team of flag wavers were out in force, and the job was done quickly and efficiently.



We have been slowly replacing the heavy cotton flags, relics of a long-gone Girl Scout troop, with lighter nylon ones. We have enough in the coffers for ten new ones, and if we have enough donations, we will add a few more. The streets look so stunning with all the flags.

Every year, Twain Harte holds a special flag dedication ceremony on Memorial Day. Our local veterans honor one of our local town members. This year, Chuck Evans, a long time resident and business owner in Twain Harte, was the chosen honoree. Thank you, Chuck, for all you've done. Our community is better because of you!



Lee Smith, One of our favorite Veterans



Keep Active Golf with a friend

TRAINING UPDATE

by Margaret Lawrence, Training Officer



Please join us Saturday June 24, 2023 from 9:00-noon for a hands on practical First Aid training.

Class will be held at the Twain Harte Community Services District offices at 22912 Vantage Point Dr. in Twain Harte, due to ongoing renovation construction at the Twain Harte Community Center.



You will be learning and practicing ways to properly control bleeding and how to splint fractures and sprains. There will be classroom discussion on traumatic injuries, identifying and treating them. You will leave with a basic first aid kit which you can add to as needed.

There will be no monthly training in July, but please join us August 26 from 9-noon to learn about preparing your

Go Bag, Emergency and First Aid kits. This is a very informative class with many great ideas to get you prepared in case of an emergency.

MEET "LUCAS"

by Mary Schreiner, Public Information Officer



What is "LUCAS" and why are we interested in it? "LUCAS" stands for the "Lund University Cardiopulmonary Assist System". It is a mobile device that delivers mechanical chest compressions for patients in cardiac arrest.

This device enables one person to more effectively administer CPR, while also providing artificial respiration, and can maintain compressions even while the patient is being moved from the incident site to an ambulance or helicopter. For someone in cardiac arrest, keeping the blood circulating means greater chances of survival and recovery.



The portable LUCAS device



LUCAS in action

SAFETY FIRST

by John Buckingham, Safety Officer



June is National Safety Month

Summer months are always filled with adventures, vacations, and outdoor activities. June is also "National Safety Month" which we should all keep in mind for our families, friends and ourselves. With that in mind, keep your environment safe and free from danger with the following tips:

1) When exercising outside, have a buddy exercise with you. Having a buddy motivates you to get out and exercise, and you have support if something happens to you. When exercising outside alone, notify someone where you are going and when you expect to return.

2) Be aware of your surroundings at all times. It is easy to get distracted and not realize that you are walking into a hazard. Twigs and acorns on the ground can be slippery and are a fall hazard. A walking stick can be stylish and useful.



Keep Active
Walking with your dog

3) Keep a safety kit within reach in the home and in your work areas. Also post emergency phone numbers where they are easy to see.

4) Utilize technology to enhance your safety. Set up an alarm system in your home to protect you, your family, and your belongings. If you already have an alarm system, make a pact with yourself to use it every day.

5) Be proactive in addressing potential safety concerns that may pose problems in the future, such as post hospital stay or the need for nursing assistance.

6) To Avoid slips and falls, wear the appropriate footwear, use non slip mats in your living and working environments, and be aware of what you can grab onto for support, like a railing, wall or furniture.

Enjoy a safe June!!!



Keep Active
Fishing

WHERE DOES THE TIME GO?

by Lise Lemonnier, Planning Section Chief,



The total THA-CERT volunteer hours for May are:

Administration =	268
Training =	0
Deployment =	19.5
Total May hours =	287.5



Events

Visit Tuolumne County:

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

Twain Harte Chamber of Commerce:

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

Training

June

Practical First Aid Training
June 24, from 9 am to noon
22912 Vantage Pointe
Twain Harte, CA

July

No training

Save The Date!

July

Twain Harte Summer Outdoor Market
July 22 & 23

Gearhead Revival Car Show

July 22

Meetings

THCSD Board Meeting

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

Wednesday, June 14, 2023, 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-4:00 PM
Eproson Park, Twain Harte, CA
(AKA "Flushing Downs")



BBQ by Twain Harte Fire
Local Food Vendors
Margaritas by CERT
Craft Vendors
Tot Pot Races



Sponsored by:



A Chamber sponsored event



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

CERT & Fire Association Board Meeting

Thursday, June 8, 2023, 9:30 am

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.