

Agenda August 16, 2018

University of California
Agriculture and Natural Resources

UC ANR in Action

Why We Meet

Stories from the Field

<https://youtu.be/A5ZPiPtI4RA>

4-H Washington Focus 

Wellness

Updates

Leadership Corner

Staff Assembly

Second Street Operations Committee

Celebrate

Learning

**Safety Training – Home Emergency
Evacuation for ANR Employees**



<https://ucanr.zoom.us/j/530365395>

Dial : (based on your location for higher quality)

US: +1 669 900 6383 or +1 646 558 8656

Webinar ID: 530 365 395



Video

Question:
***Who holds up a wire
contraption and what is it?***



Why do we meet?

University of California
Agriculture and Natural Resources

We are part of a community and we are part of
something **bigger!**
Your efforts **matter!**

WE

- Celebrate
- Meet New Faces
- Laugh
- Inspire
- Build Team



About UC ANR

Which was the first UC ANR office established?

Humboldt

When?

1913



Chucrute com Salsicha

What does that mean?
What does it have to do with ANR?

University of California
Agriculture and Natural Resources



[HTTP://WWW.CHUCRUTECOMSALSICHA.COM/](http://www.chucrutecomsalsicha.com/)

Since 2005

Chucrute com Salsicha [Sausage and Sauerkraut]

Fernanda Guimaraes Rosa

Web Production Specialist - IPM



- Blog in Portuguese with recipes, pictures, and stories about her life in California.
- Tells of our abundance of fresh ingredients.
- Challenges misconceptions that we Americans eat much more than *junk food!*

Guess the UC ANR Program

University of California
Agriculture and Natural Resources



University of California
Agriculture and Natural Resources

4-H Youth Development Program

Nearly 14,000
trained volunteers

1,050,000 hours of
volunteer service



Stories from the Field

University of California
Agriculture and Natural Resources

4-H Washington Focus



Presented by Scott Mautte

Program Representative III for Volunteer Development



University of California

**Division of Agriculture and
Natural Resources**



California 4-H

State & National Civic Engagement & Leadership Opportunities

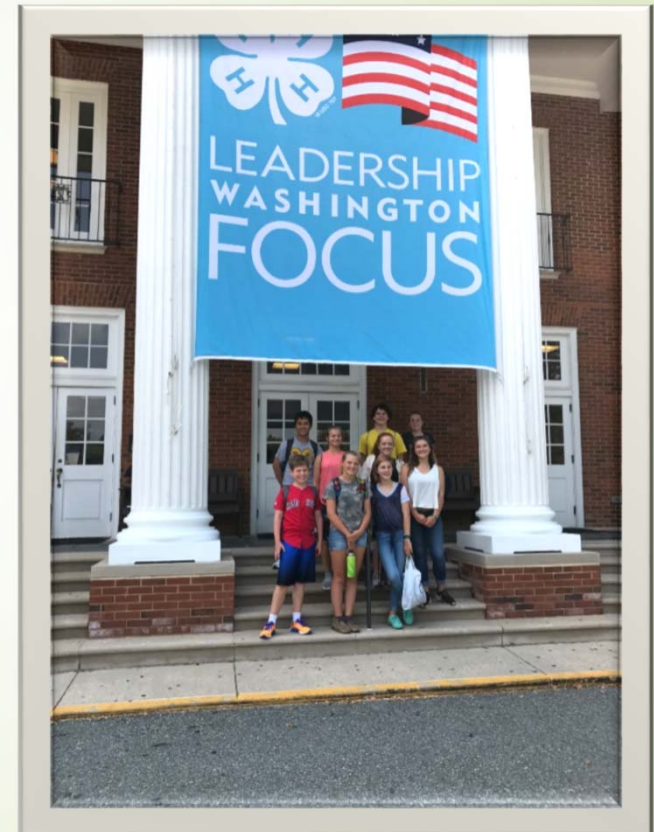
LEADERSHIP WASHINGTON FOCUS

➤ The purpose of Leadership Washington Focus is to learn practical leadership skills in the living classroom of Washington D.C. Each day focuses on 1 of the following 4 key leadership qualities:

- Confidence
- Collaboration
- Communication
- Critical Thinking

Workshops educate youth in what those skills are and how they apply to various situations. Site visits throughout Washington D.C. give participants real life examples of those skills in action.

This program is for youth ages 12-14



STATE LEADERSHIP CONFERENCE

- ▶ The annual California 4-H State Leadership Conference brings together youth from across California for leadership training, networking, and a memorable learning experience.
- ▶ **Advanced leadership training**
- ▶ **Network and share ideas** with other 4-H members from across the state.
- ▶ **Experiential education** on leadership development, civic engagement, college admissions and other 4-H project areas.
- ▶ **Experience a slice of college life:** live in the residence halls, eat in the dining commons, and participate in educational sessions, many of which are taught by University of California faculty and staff.



**This program is for
youth ages 13-19**

CAL FOCUS

- Experience California's government in action by participating in the legislative, political, and judicial processes.
- California Focus combines hands-on participation in workshops, debates, simulations, tours, and fun activities.
- The election process: Register to vote, conduct a primary election, and develop a political campaign through a two party system.
- Analyze the needs and issues of your district and enact legislation for the "governor" to sign into law.
- Create a plan of action (service learning project) for your community.
- Meet law makers.
- Tour the State Capitol, Governor's office and 3rd District Court of Appeals.
- Participate in fun activities, tours and cultural events.
- Make new friends.



**This program is for
youth ages 14-19**

CITIZENSHIP WASHINGTON FOCUS

- The purpose of Citizenship Washington Focus is to learn how our national government works in the living classroom of Washington D.C.
- During the conference, participants will learn how a bill is drafted and passed through legislature while gaining valuable knowledge of our national history through guided tours.
- Participants have opportunities to meet with their congressional leaders and talk about issues that matter to them and also have a final service learning project to be completed by the end of the calendar year.

This program is for youth ages 15-19



MINDFULNESS RETREAT

- ▶ The 4-H Mindfulness Project focuses on increasing youth's ability to lead a healthy lifestyle and development the skills needed to be a health advocate in their communities. The retreat aims to foster mindful practices that lead to improvement in physical health through mindful eating, social health through building positive relationships, and emotional health through emotional regulation and stress management.



Staff and their Pets

University of California
Agriculture and Natural Resources





What is Wellness?

Balance

Wholeness

Resilience

Eight Dimensions



Which Dimension of Wellness...



Would you like to develop in your life outside of work?
Would you most like to see supported at work?

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- 1. Fires.** Leadership is pleased to report that all our staff are safe given the recent fires. Major affected counties include: Hopland, Lake, Mendocino, Riverside, San Bernardino, Shasta, but fires and effects in many others.
- 2. Sad news.** Our thoughts go out to the family and friends of Chuck Ingels (advisor, former County Director in Sacramento) who recently passed. Those needing support, please see the note from ANR Update from Glenda that guides you to available resources (Aug 13 update).
- 3. The UC ANR Review.** For those interested in the review of UC ANR, where and how we fit in the system and with UCOP. The advisory committee is expected to have recommendations later this year. Conversations have been very positive and constructive.

Staff Assembly Update

Healthy Snack Day – August 29, 2018

Assisting California Wildfire Victims
through existing charitable organizations

Presented by Nikolai Schweitzer
Staff Research Associate SFREC
UC ANR Staff Assembly Program Co-Chair

UC ANR STAFF ASSEMBLY IS

SPONSORING

HEALTHY SNACK DAY

AUGUST 29, 2018

 **University of California**
Agriculture and Natural Resources

HEALTHY SNACK Day is Wednesday August 29th

Take a "Healthy Selfie"
and post it to social media
#SnackHealthyUCANR

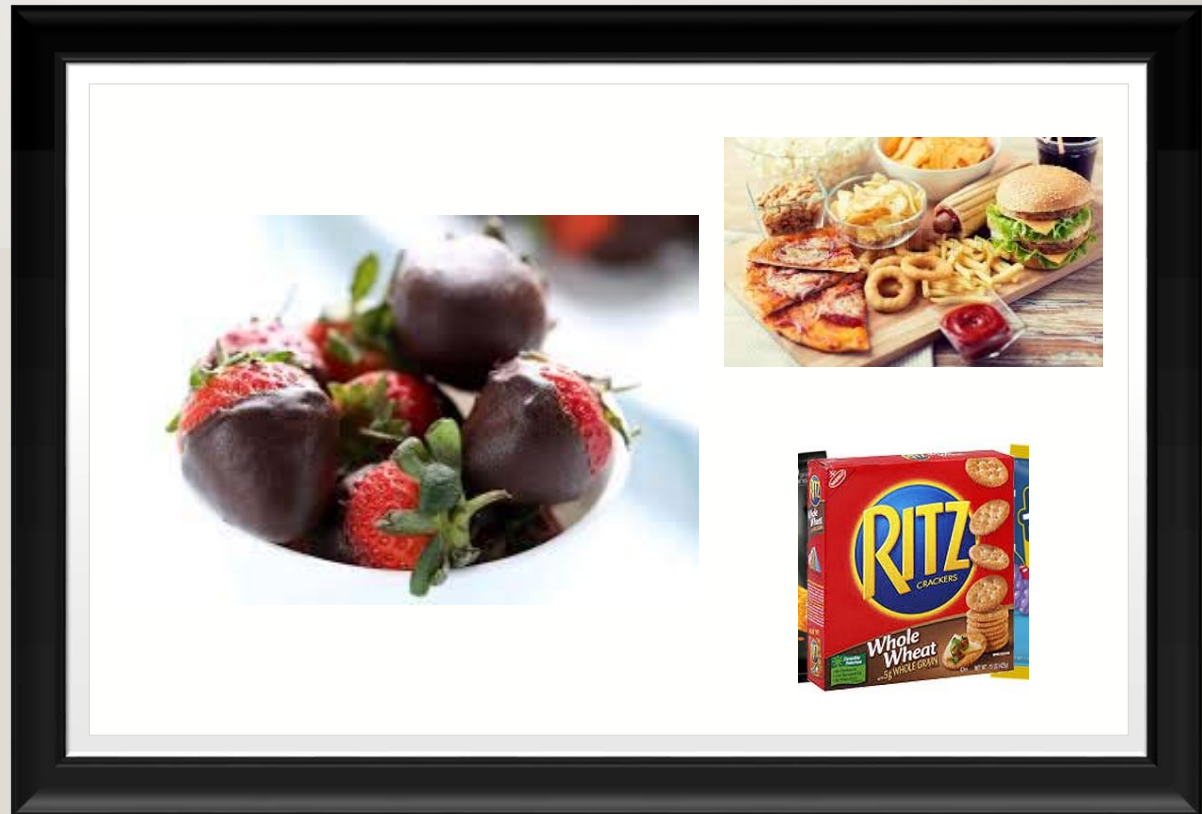


Your office could win a prize valued
at \$50 if your photo is chosen!



HEALTHY OR
NOT,
HOW DO YOU

DECIDE?



SUPPORTING OUR ANR COLLEAGES AND OTHER CALIFORNIA WILDFIRE VICTIMS

PLEASE SEE YOUR SA AMBASSADOR FOR ADDITIONAL RESOURCES



- **ANR Family members have had their homes destroyed.**
- **Temporary housing, Evacuation and replacement implications.**
- **Loss of possessions, family memoirs, furniture, family vehicles, and much more.**
- **Not having guaranteed replacement cost insurance.**
- **Hardships – Rebuilding and reconstructing family life.**

HOW TO HELP ANR COLLEAGUES AND OTHER CALIFORNIA FIRE VICTIMS

Staff Assembly has provided a resource document illustrating existing local charitable organizations which directly assist and support California citizens impacted by wildfires. The charitable organization list will be circulated to all Staff Assembly Ambassadors and posted on the ANR Staff Assembly website.

Second Street Operations Committee

UPDATE

Presented by David Alamillo



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Housekeeping

Items left in refrigerators and disposed of on Friday nights



One week of items



Two weeks of items



Celebrate

- New Faces
- Birthdays

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Learning

Safety Training

Home Emergency Evacuation for ANR Employees

Presented by Mark Barros





Home Emergency Evacuation For ANR Employees

Disasters and Emergencies happen



Drought



Earthquakes



Extreme Heat



Floods



Hurricanes



Landslides/Debris



Severe Weather



Space Weather



Thunderstorms
& Lightning



Tornadoes



Tsunamis



Volcanoes



Wildfires



Winter Storms



Power Outages



Pandemics

3 Steps to Evacuation Planning

1. BE INFORMED



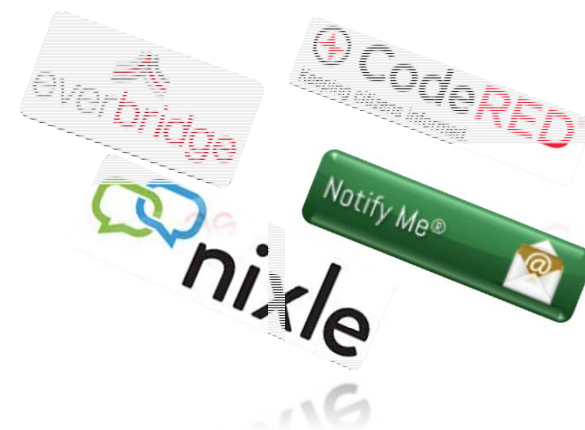
2. MAKE A PLAN



3. BUILD A KIT



Be Informed



BEFORE an emergency

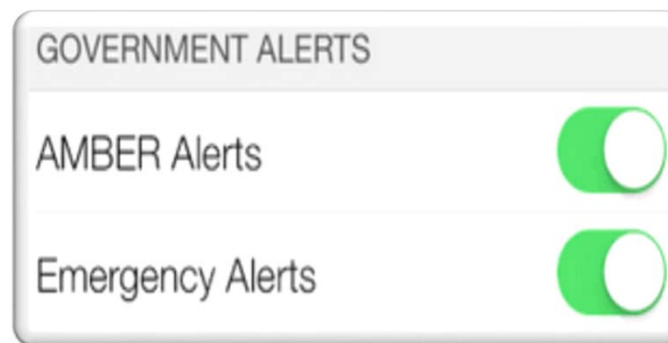
- ***Be Informed*** about hazards and risks in your area
 - ✓ Ready.gov: <http://www.ready.gov/be-informed>
 - ✓ CalEMA MyHazards: <http://myhazards.calema.ca.gov/>
- ***Be Notified*** – Sign-up for local alert systems:
 - Nixle: www.nixle.com
 - County Notification Systems (Sheriff's Office or OES)

Be Informed

Text First.
Talk Second.™

DURING & AFTER an emergency

- Stay alert – no matter where you are
 - TV, Social Media, Radio
 - Reverse 911
 - Emergency Alert System (ESA)
 - Wireless Emergency Alerts (WEA)
 - Integrated Public Alert & Warning System (IPAWS)



Make a Plan

- Meet with your household to discuss how to evacuate
- What to do if separated – choose places to meet
- What to do when an evacuation is necessary
- Choose an out of the area contact Friends or Family
- Identify evacuation responsibilities – work as a team
- Have copies of essential documents, household inventory
- Know the location of utility shutoffs and keep tools nearby (<http://www.ready.gov/utility-shut-safety>)
- Everyone know where the evacuation supplies are located



Family Emergency Plan 

Name: Jack Bradley Personal ID
DOB: 05-07-2004

Address 1: 123 Main Street, San Rafael State: CA Zip: 94901

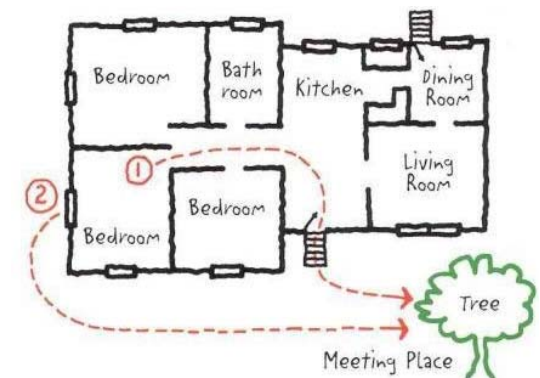
Address 2: State: Zip:

Home Phone: 415 555-1212 E-mail: thebradleys@gmail.com

Cell Phone: Mom: 415 640-1111 Other E-mail: rbradley@work.com

Special Needs, Medical Conditions, Allergies, Important Information:
peanut allergy

Ready



Build a Kit

- Pre-packaged or build from home
- Store in an easily accessible location
- Use a large, watertight container (e.g. large plastic garbage can with lid & wheels)
- Checklist are available from – Ready.gov, 72hours.org, Red cross, the CDC, etc.



- • Water – at least one gallon per person per day
- • Radio – battery powered or hand crank (NOAA Weather Radio if possible)
- • First Aid Kit and Instructions
- • Large heavy duty plastic bags and a plastic bucket for waste and sanitation
- • Hygiene Items
- • Flashlights, Candles, Lanterns
- • Can Opener, Multipurpose Tool, Wrench/Pliers
- • Map(s) of the Area
- • Disposable Camera
- • Duct Tape
- • Matches, Lighters in a waterproof container
- • Extra Clothing and Sturdy Shoes
- • Entertainment Items and activities for children
- • Food – non-perishable, easy-to-prepare items
- • Copies of personal documents (medical lists & information, proof of address, deed/lease to home, passports, birth certificates, insurance policies)
- • Medications
- • Unscented liquid household bleach and an eyedropper for water purification
- • Emergency Blanket, Sleeping Bags
- • Family and Emergency Contact Information
- • Pet Supplies
- • Extra Batteries for various items
- • Extra Cash, Items to Barter
- • Cell Phone with Chargers
- • Whistle to signal for help
- • Special needs items, such as eye glasses, contact lens solutions, and hearing aid batteries

Containers



Vehicle Supplies

- DRINKING WATER – Case of water
- FIRST AID KIT
- CAR FIRE EXTINGUISHER
- ROADSIDE EMERGENCY KIT – Flairs, flashlight, charging cables, flat tire kit
- SMALL TOOL KIT – Leatherman – car tool kit
- ROAD MAPS – Maps of your state or region
- NON-PERISHABLE FOOD – Energy bars
- SANITATION - Toilet paper, baby wipes, paper towels
- WINTER - Blankets, boots, shovel , chains, ice scraper



Where to Evacuate?

- FAMILY then FRIENDS



- HOTEL/MOTEL



- RV PARK



- CAMPGROUND



- EVACUATION SHELTER

Safety Skills

FIRST AID/CPR TRAINING



FIRE EXTINGUISHER USE



ANR Resources

Safety Notes Series on Emergency Preparedness



http://safety.ucanr.edu/Safety_Notes/



#167: BE INFORMED

Be Informed about the potential hazards and risks in your area and learn the appropriate ways to respond to them.

#168: MAKE A PLAN

Make a Plan with your family or household members to discuss how to prepare and respond to emergencies that are most likely to happen where you live, learn, work and play.

#169: BUILD A KIT

Build a Kit full of disaster supplies and basic items your household may need in the event of an emergency - be prepared to be self-sufficient for *at least one week*.

QUESTIONS?



Go Bags for Today's Trip/Travel



What situations might require a Get Home Bag?

- Earthquakes
- Floods
- Fires
- Hurricanes
- Tornadoes
- Volcanic eruptions
- Snow storms
- Land slides
- Terrorist attacks
- Chemical spills
- Train derailments
- Mass transit down



What do I put in my Get Home Bag?

1. **FOOD** – Ready to eat foods that don't require cooking (Energy and Protein bars)
2. **WATER** – The average person needs at least 1 gallon a day.
3. **SHELTER** - Emergency tent, emergency sleeping bag, emergency blankets
4. **CLOTHING** – Socks, underwear, hat, long pants, shirt, hiking boots or shoes, coat, rain suit or poncho, gloves, scarves.
5. **MEDICINE** – 3 day supply of prescriptions, pain relievers, allergies, tums, etc..
6. **FIRST AID KIT**– antibacterial ointment, wound seal, gauze, band aids
7. **LIGHT/FIRE** – Lighters, waterproof matches, flash light, light sticks, flares
8. **PERSONAL** – Camp toilet paper, foot blister kit, sunblock, chap stick, money
9. **TOOLS** – Knife, multi-tool, cord, duct tape
10. **PROTECTION** – Pepper spray, stun gun

The Bag should not weight more than 20 pounds



Types of Get Home Bags

Day Sling Bag (front or back)



Small Day Backpack



Three Day Pack



RESOURCES

<http://modernsurvivalblog.com/survival-kit/bug-out-bag-water-food-and-more/>

<http://www.theprepperjournal.com/2016/01/06/creating-an-at-work-emergency-bag/>

<http://www.offthegridnews.com/how-to-2/the-ultimate-starter-list-for-every-get-home-bag/>

<http://americanpreppersnetwork.com/2013/11/get-home-bags-for-everyday-people.html>

RESOURCES

<https://www.researchgate.net/publication/312121212>

<https://www.researchgate.net/publication/312121212>



THE END



please remember to sign-in



Next UC ANR Staff Meeting

Thursday, September 20, 2018

1:30 – 2:30 PM Valley Conference Rooms

University of California
Agriculture and Natural Resources

Please sign in for safety training credit