Agenda August 16, 2018

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

University of California
Agriculture and Natural Resources

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
Question:
Who holds up a wire contraption and what is it?
Why do we meet?

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?
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

Nearly 14,000 trained volunteers
1,050,000 hours of volunteer service
Stories from the Field

4-H Washington Focus

Presented by Scott Mautte

Program Representative III for Volunteer Development
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
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
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
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 COLLEAGUES 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

University of California
Agriculture and Natural Resources
Housekeeping

Items left in refrigerators and disposed of on Friday nights

One week of items

Two weeks of items
Celebrate

- New Faces
- Birthdays

University of California
Agriculture and Natural Resources
Agenda  August 16, 2018

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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

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<tr>
<th>Disaster Type</th>
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<td>Drought</td>
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<td>Earthquakes</td>
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<tr>
<td>Extreme Heat</td>
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<tr>
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<td>Severe Weather</td>
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<tr>
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<td>Thunderstorms &amp; Lightning</td>
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<td>Pandemics</td>
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</tbody>
</table>
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](http://www.ready.gov/be-informed)
  - CalEMA MyHazards: [http://myhazards.calema.ca.gov/](http://myhazards.calema.ca.gov/)

- **Be Notified** – Sign-up for local alert systems:
  - Nixle: [www.nixle.com](http://www.nixle.com)
  - County Notification Systems (Sheriff’s Office or OES)
Be Informed

**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
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
#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?
Get Home Bag
Go Bags for Today’s Trip/Travel
What situations might require a Get Home Bag?

• Earthquakes
• Floods
• Fires
• Hurricanes
• Tornados
• 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://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/

RESOURCES

htsupplies.html

https://www.ready.gov/september
THE END

please remember to sign-in
Next UC ANR Staff Meeting

Thursday, September 20, 2018
1:30 – 2:30 PM Valley Conference Rooms

Please sign in for safety training credit