

Presentation and Biography List

South Davis Preparedness Fair

Presentation	Description	Times and Theaters	Presenter	Biography:
How to Prevent Data Technology Disasters	When people say the word "Disaster" most of us conjure up in our minds thoughts of floods, earthquakes, fire, wind damage, etc. However, there is a much greater chance for a Technology Data Disaster. Data disasters can be things as simple as an accidental deleted file, loss of all your pictures and documents, financials, violation of your privacy and identity, and ransomware where hackers require payment. Unless you do something to reduce your risk of exposure, having an attack won't be a matter of if, but when. Come and learn such things as: What are the threats today, how to protect yourself from hackers, dangerous use of passwords, why USB's aren't a good backup medium, how to protect yourself from bad content, and many, many more.	Theater 10 at 11:00 AM and Canopy at 3:00 PM	Anderson, Brett	Brett Anderson is Founder and CEO of CompuTech, Brett has more than 25 years in the Information Technology (IT) field and has held numerous positions including CTO, CIO, DBA, IT Account Manager, Consultant and Advisor, IT Project Manager, Workstation Specialist. Brett has worked and consulted with numerous small and large businesses (including Fortune 100 Corporation), educational institutions, government, and non-profit groups consulting, assisting and advising them on IT related topics from Disaster Recovery Plans (DRP) to Network Security and Protection, as well as assisting with compliance and audits including, PCI, HIPPA, SAAS 70, Internal IT audits and reviews. Brett is often asked to speak to numerous groups ranging from law enforcement and government organizations to medical societies and business owners
Current Community Crisis: Opioid Crisis- It's here, too	Opioid Crisis- It's Here. We all have a loved one, family member or neighbor who deals with the agony of chronic pain and the challenges of using opiate-based pain medication. Or perhaps this is our own struggle in life. These medications, and their illegal counterparts are unintentionally killing an unprecedented number of people in our state and community. Learn about how to be safe while using them and where to get help along the way. This presentation will cover an overview of the opioid crisis and outline actions that can be taken by individuals and communities to address the issue. It was developed by the Partnership for Drug-Free Kids and is part of the DEA360 Strategy to help communities more effectively respond to the opioid crisis.	Theater 12 at 3:00 PM	Bigler, Jessica Stephen Merrell	Jess Bigler: Davis Behavioral Health Prevention Specialist Jess Bigler, MSW, is a prevention specialist with Davis Behavioral Health, coordinating community coalitions in Davis County. She earned her master's in social work from the University of Utah and has focused on adolescent mental health and community social work. She loves to learn, run, and be with her twin boys. Dr. Stephen Merrell: Dr. Merrell was born and raised in Virginia. He came to Utah for residency training and stayed after marrying a local Emily Davis. They have two children, and have made Centerville their home. Dr. Merrell works locally as a family physician providing care for those recovering from addiction, as well as full spectrum family medicine care including deliveries. In his free time, he enjoys gardening, music, and Nelson's Frozen Custard.
Back Up Generators- What You Need to Know	A backup generator class to be taught by Marc Croft of Croft Power Equipment (Woods Cross). Marc has gained an extensive knowledge of portable and standby generators for the use in an emergency and recreation. During this class, attendees will learn about proper generator sizing and what appliances can be run. He will also cover how to correctly connect a generator to the home, avoiding dangerous pitfalls. He will also teach on the best type of fuels to use including proper storage of these fuels. This has always been a well-attended class in years past, please come with any and all questions you may have about your emergency power needs.	Canopy at 9:00 AM, 11:00 AM, and 1:00 PM.	Croft, Marc	Local South Davis County resident and business owner of Croft Power Equipment, Marc is knowledgeable in the use of generators and fuel for emergency situations. He has presented at power seminars and taught classes on generator use and selection.
Current Community Crisis: Screenshot- How Technology Addiction is Affecting Us	Phones are a major part of our lives and they are here to stay! They are great tools to have for many different reasons, but what are the negative effects that technology overload is having on us and our youth? In this seminar we will discuss the effects "phone addiction" is having on our mental, physical and relational health. We will also talk about helpful tools/tricks to help ourselves and our loved ones "detox" from our tech. addictions.	Theater 10 at 10:00 AM	Egbert, Tammy	Tammy works as a Davis School District school counselor at Fairfield Jr High where she has loved serving students for the past 5 years. Prior to being a school counselor she attended the University of Utah where she graduated with a double Masters' degree in School Counseling and Clinical Mental Health Counseling. Upon graduation, she was awarded the Emerging Leader in School Counseling Award, given by the University, and the Student of the Year Award given by the Utah Mental Health Association. She attended Southern Utah University for her Bachelor's degree where she majored in Psychology with a minor in Art. At SUU she was awarded the Outstanding Student in Applied Psychology Award. Some of her work experience includes drug and alcohol counseling for the Utah Department of Corrections and Mental Health Counseling at Summit Community Counseling. She is the mother of four boys and one girl. She loves to be creative and often has multiple projects going on at once. She loves any kind of physical challenge and over the years has ran multiple marathons, competed in multiple triathelons, and loves to mountain bike. She has a passion for mental and physical health and loves to share her passions with others.
Water in the Home/Kits	This presentation covers the why, how much, where, containers, do's and don'ts, conservation and alternate sources of water in the home. I bring examples of good and bad containers, different kinds of containers for different needs.	Theater 13 at 9:00 AM and 3:00 PM	Goodrich, Becky	Becky Goodrich is a local expert in the preparedness field and has already done a very popular water seminar for our area. At the last preparedness fair, her presentations ended up having standing room only. She started preparing in 2007, and has painstakingly learned all aspects of preparing in the best way possible by doing them over and over again until she got them right. She teaches classes on how to use food storage staples, as well as on water storage, because she knew that if she had this food in storage, she'd better know how to use it and have recipes that work. Why does she do this? "It's important to me that I have done all I can do to inform, motivate and assist others in preparing their families for the eventual emergency. It hurts my heart to think of moms and dads telling their kids they don't know where to find food or how to stay warm when an emergency hits. Not if there's anything I can do about it."
Alternative Fuels	Becky brings multiple examples of alternate fuels that can be used in an emergency and presents multiple cooking methods, multiple lighting sources and multiple energy sources.	Theater 13 at 10:00 AM		
Missed Prep Items	Examples and explanations of items that many people forget about when setting about to prepare for emergencies. Will show how to prepare important documents, do a home inventory, make evacuation plans, remember to include ID/contact cards, how seal-a-room and shelter-in-place plans, etc.	Theater 13 at 11:00 AM		
Emergency Sanitation	A subject which people avoid because no one wants to address "going without toilet paper" or such things, but this is an excellent class to get everyone thinking about this topic that we take for granted on a daily basis. Examples include a 5-gallon potty, male and female sanitation necessities, disinfection examples, etc.	Theater 13 at 12:00 PM		
3 Month Food Storage	This presentation on food storage covers short-term food storage (how much to buy, where to store it, how to buy, what to buy) and then shows the 3-month menu plan to get food in your home NOW. Multiple examples are given of 3-month food staples to store are given.	Theater 13 at 1:00 PM		
Disaster/First Aid Kits	I bring multiple examples of my own disaster and first aid kits for personal, family, car, etc. made from scratch. This is an excellent and fun, near-beginner class to get people motivated to move onto other preparedness issues.	Theater 13 at 2:00 PM		
The Earthquake Lady	Maralin Hoff is known as "Utah's Earthquake Lady" because of her in-depth knowledge on preparing for earthquakes and her tireless presenting on the subject throughout the state. She was given the nickname "Earthquake Lady" by the Red Hills Middle School in Richfield, Utah in 1995 because she demonstrated an earthquake with a 5-room doll house with the real sound of a California earthquake on a CD. Her presentation includes tips on putting together your own personalized emergency backpacks for each member of the family, necessary items and even kits for your house pets. She also talks about the need for kits for your place of business, your vehicles and as well as home. Information is presented on keeping your kits updated and the need to rotate specific items in your kits.	Theater 14 at 9:00 AM, 10:00 AM, 11:00 AM, 12:00 PM, 1:00 PM, 2:00 PM, and 3:00 PM		
Redneck First Aid	Redneck First Aid and CPR was designed to integrate life saving techniques into practical life situations because there is never a first aid kit around when you need one. Anyone can use hospital grade medical supplies but a true red neck can get creative with things like zip ties tampons and wrenches to save a life. This is a hands on interactive fun way to brush up on your emergency care technique.	Theater 11 at 10:00 AM and Theater 12 at 1:00 PM	Hunt, Mary	Mary Hunt has been involved in public safety for over 2 decades. She met her husband 20 years ago when they were coworkers on a volunteer fire department. She served as an emergency medical technician and fire fighter for those 20 years, and retired last year to spend more time with her kids. She has 5 kids, 1 cow, 4 goats, 7 ducks, 2 pigs, cats, dogs and more chickens than she can count. She loves country life. She has been a registered nurse for 18 years, most of that being in the emergency room, currently working for Intermountain Healthcare. She has been an emergency educator for 15 years working with everything from CERT to EMTs to babysitters and scout troops teaching first aid and CPR. She is currently in school finishing her Doctorate of Nurse Practitioner after which she plans to pursue her passion of hospice and palliative care. When not at work she loves to sew, quilt, camp, fish and spend time with her family.

Alternate Power Sources	Many people when it comes to preparing for power outages do not know about all of the possible ways power can be produced in an emergency. Come learn about on grid and off grid solar, wind, home generators and more. We will discuss the benefits as well as the limitation of solar systems for emergency preparedness. Grid-tied, battery backup systems will also be discussed.	Canopy at 10:00 AM	Intermountain Wind and Solar	Intermountain Wind and Solar are one of the premiere suppliers of back up energy systems in the Intermountain area, and we are lucky to have them located right here in Davis County in Woods Cross.
Run/Hide/Fight	Recent national tragedies remind us that the risk is real: an active shooter incident can happen in any place at any time. The best ways to make sure you and your loved ones stay safe are to prepare ahead of time and be ready. Taking a few steps now and mentally rehearsing what to do can help you react quickly when every second counts.	Theater 12 at 9:00 AM and 11:00 AM	Killian, Troy	Troy is a Detective Sergeant with the Bountiful Police Department. He has served 20 years as a police officer, school resource officer, detective and detective sergeant. He has taught emergency preparedness and readiness classes in local schools.
Current Community Crisis: Suicide	Suicide- The loss of one life in our community to suicide is too many. Let's stand up, link arms, and help Davis County become the safest place in the world. We can talk about this issue, and help others feel valued, heard, and supported through all of life's distressing challenges. Come be a part of our community's first steps to a better and safer future.	Theater 10 at 12:00 PM	Larrabee, Wally	Wally Larrabee has been a certified QPR GateKeeper Instructor since 2002. He is also certified in safeTALK and ASIST suicide prevention curriculums. His passion about suicide prevention stems from personal and family tragedies, which led him into suicide prevention. He and his wife have been residents of Woods Cross since 1980, where they've raised 6 children and currently enjoy 11 wonderful grandchildren. He also serves as a member of the Woods Cross City Council.
Emergency Packs for Families	For years, we've been told about the items we should have in our packs. Those lists are filled with life-saving items that typically apply to the minimum needed for a grown man to survive. This doesn't necessarily apply to our families and the types of emergencies we may face in our everyday life. These lists don't address how to deal with kids if you're stuck in a car or what proven items have been needed while staying in a shelter. This class will speak to mothers, fathers and families about why they actually need a pack, what events they will most likely use them for as well as where they should be kept. Then we get into the fun stuff! We will discuss how to customize these packs for our own family, where to start and it will give you genius ideas of how to do it on a budget.	Theater 11 at 12:00 PM		
Conversations in Preparedness	This class will prepare you for WHAT conversations you should be having BEFORE a disaster in order to be more resilient. We've been told to make a plan, but that can seem fairly vague. What kind of plan? Won't I be given instructions in an emergency as to what I should do? We'll address all of those items and more! For instance, in a disaster, if you are being asked to evacuate – what do you do if your child is at school, your teenager is at practice and your spouse is at work? What should we talk about BEFORE that happens? How we communicate with our children is very important to minimize anxiety. This class will discuss HOW to communicate with your family, WHAT you should be communicating and then gives fun examples of how to involve your family in preparedness so that it's an adventure, not a disaster.	Theater 11 at 1:00 PM	McMullin, Kathryn	Kathryn McMullin is a Critical Infrastructure Specialist with the Utah State Division of Emergency Management. She is a member of the State Emergency Response Team (SERT) and is trained in Critical Thinking Analytic Methods with the Department of Homeland Security and Advanced Critical Infrastructure Protection from the Emergency Management Institute.
Sanitation in a Disaster	Human waste is one of the deadliest substances on earth. Where sanitation is poor, death & disease are rampant. Our current systems for disposing of waste can be affected by many situations. If we lose water, we lose sewer. If we lose power for an extended time, we also lose sewer. In an earthquake or landslide sewer lines can rupture. In each of these scenarios, our instincts might be to use a camp potty, an RV or even dig a pit latrine. These solutions are very dangerous if we don't know how to properly set up and dispose of the waste. They will bring animals, vermin and insects into our environment that spread disease. Exposure to human waste will make your family very sick. This class will educate you on all aspects of sanitation; from pesticides to cleansers as well as how to set up a sanitary temporary bathroom. It is relevant to families, first responders, neighborhoods and communities. Sanitation in a Disaster promises to be eye-opening to even the most seasoned of emergency preparedness individuals.	Theater 11 at 2:30 PM		
TNT First Aid	The class will cover new trends in medical first aid kits and disaster medicine, and showcasing the new technology first aid products on the market today and how they can help families save on costly emergency room visits in their everyday lives as well as items to make them better prepared with disaster strikes. Seminar will showcase items that are needed in emergency first aid kits, and detail the possible emergencies in which they might be needed and how to utilize them.	Theater 11 at 9:00 AM and 11:00 AM	Midgely, Jeff	Jeff Midgely has over 24 years in Emergency Management and Emergency Medical Services. He has worked in hospital emergency rooms, ambulance, motorsports safety and at the fire department. He is also an American Heart Association Training Center faculty member and instructor for basic life support and one of 8 national SFI incident response instructors. He has had training articles published on spinal immobilization in the field and head trauma in the field. Jeff teaches all aspects of emergency medical preparedness including Mass Casualty disaster training and triage. He has also served as a city wide emergency preparedness coordinator. He loves teaching and helping families and businesses prepare for when disaster strikes.
Extrem Weather Events	"Often in Utah when disasters occur they are weather related. Winter storms, flash floods and even tornados, can have a major impact on our lives. KUTV 2News Chief Meteorologist Sterling Poulson, will speak to these disasters and discuss climate change and other weather related problems we face.	Theater 10 at 9:00 AM and Canopy at 12:00 PM	Poulson, Sterling	Sterling Poulson is currently the chief meteorologist for 2News. He joined the KUTV 2News Weather Team as an anchor, weather producer and meteorologist in December 1989. The veteran forecaster graduated with a degree in meteorology and was trained as a forecaster in the United States Air Force. During his service with the Air Force he served with distinction and received many awards, serving also in the Air National Guard. He is a Certified Broadcast Meteorologist, and served a three-year term as a member of the Board of Broadcast Meteorologists. He chaired the AMS Broadcaster's National Convention in San Francisco in June 2000. He enjoys visiting schools with the 2News Weather Lab, speaking to students about weather and science. He is a member of board of directors of the Clark Planetarium, the Days of '47 committee, and The Choral Arts Society of Utah. He is chairman of the board of the West Valley Symphony of Utah. Sterling resides in Centerville and enjoys fishing and spending time with his family, including his five children and 13 grandchildren.
Water Filter Systems (Water Pure)	Over the last 15 years, there have been many advances in our way of life. One of the major breakthroughs because of Space Exploration has been in Water Filtration. Our Filters now have the ability to not only remove harmful bacteria and some chemicals but can now remove Bacteria, Virus, Pharmaceuticals, Pesticides, and Hormones, down to Nano size particles including DNA. This filtration is now available for emergency preparedness and for home and RV use as well. Water Pure Technologies Inc. is now certified by the SPACE AGENCY FOUNDATION for water filtration and is a beneficiary of NASA State-of-the-Art technology.	Canopy at 2:00 PM	Smokoff, Tom	Tom is the co-founder of Water Pure Technologies, Inc., a company based in Salt Lake City that specializes in chemical and mechanical engineering, research and manufacturing water filter systems, and water treatment products. He is a research scientist whose primary focus has been in the development of Mineral Ion Technology, used for long term point of use water treatments, and Electro-Positive Adsorption (EPA) Nano Water Filtration Technology that was co-developed by NASA for use on the International Space Station. The company is also certified by the Space Foundation also using this technology. The company has developed a complete line of water filters and water filter systems using this space-age technology. He has also worked with federal, state and international water quality projects as well as humanitarian programs.
Gardening in Survival Times	Difficult times will present their own set of challenges when it comes to successfully growing and harvesting a garden. Pick up some tips on how you can prepare from this class.	Theater 12 at 10:00 AM		
Edible Landscaping	Edible landscaping involves growing edible plants in the landscape. Edible landscaping does not necessarily involve planting in the traditional sense where vegetables are planted in a garden spot or fruit trees are planted in a small orchard. Fruits, vegetables, and herbs including some less familiar plants can contribute to an attractive landscape and also provide sources of food. Edible plants can be used as groundcovers, shrubs, trees, perennials, annuals, vines. Come and learn how to use edible landscaping in your yard.	Theater 12 at 12:00 PM	Tomalino, Beuna	Beuna Tomalino is a landscape consultant and garden coach, and the owner of Garden Inspire, a website and business that inspires others to garden. Her formal education is in Ornamental Horticulture from Utah State University. She is a certified Square Foot Garden instructor with over 20 years' experience. Her work experience includes consulting with hundreds of clients and designing, planting and maintaining such diverse gardens as herb, flower, native and show gardens for businesses, individuals and public areas. She has taught classes on organic gardening, herb gardening, composting, organic lawn care and square foot gardening. Her passion is teaching others how to grow and enjoy their own food, including herbs and unusual edibles.
Wild Edible Plants	Come and learn about wild edible plants that can be found locally and used in your everyday diet. Most people don't know that there are lots of plants that grow in the wild locally that can be prepared and used in many ways.	Theater 12 at 2:00 PM		