



NEWSLETTER

Issue 2

Spring 2008

Sudbury Community Emergency Response Team (CERT)

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C. Flynn, Editor

NEW CERT TRAINING CLASS COMPLETED:

During March and April, a MEMA (Mass. Emergency Management Agency)-sponsored 20-hour CERT Training class comprised of 17 students was conducted at the Lincoln-Sudbury Regional High School. About half the students were from Sudbury, with the remainder from Marlborough, Woburn, Auburndale, Milford and Concord. Participant Manuals and FEMA Are You Ready books were distributed, and simple refreshments were served for break each evening (baked goods contributed by participants and beverages courtesy of local supermarkets).

Congratulations to new Certified Sudbury CERT members Donna Appel, Arnold Barnes, Sally Barnes, Lucille Dixon, Marilyn Ellsworth, Judy Farrell, Fred Schulz and John Stevens!

CERT (Community Emergency Response Team) is about readiness, people helping people, rescuer safety, and doing the greatest good for the greatest number. CERT is a positive and realistic approach to emergency and disaster situations where citizens will be initially on their own, and their actions can make a difference. CERT teams are also utilized in disaster situations to adjunct and work in collaboration with and under the direction of the professional emergency responders. CERT teams must follow polices and procedures and must be activated by the designated official in their community.

The final meeting, a practical exam, was a simulated search & rescue exercise. The students assembled at 9:00 AM on May 3 and were assigned their teams, with one on each team acting as team leader. They were issued equipment and checked by the Safety Officer before being assigned search areas. For the purposes of this exercise, Sudbury Fire Chief Kenneth MacLean filled the post of Incident Commander, which is also his "real-life" role in

Sudbury. MEMA Instructor Lynne Shaw acted as Coordinator Jim McLoughlin acted as Safety Officer and also Medical Branch Director, and Sudbury CERT's Carole Flynn acted as Search & Rescue Director, swapping off half-way through the exercise with student Bill Callahan of Woburn. Operations were conducted under the ICS (Incident Command System), which is used throughout the country to manage disaster scenes.

The scenario was a fictitious 6.6 magnitude earthquake, and the CERT team was assigned to check the high school for folks who may have sought shelter there, after it was deemed structurally sound the previous evening, although having "experienced" some damaged doors and windows. Don Cusson, Marlborough's Emergency Management Director, and Frank McInnis, also of Marlborough's Emergency Management Agency, played the role of victims and allowed the group to borrow wooden disaster dummies that they use for disaster training.

In this case, the true number of "victims" was a known, but in a real-world scenario, there would be no way to tell exactly how many people were missing. After everyone was located and either "transported" for medical care or "released" to go home, a debriefing was conducted with all participants, discussing what was learned, what could be improved, and what worked well. Everyone remarked that it was an excellent learning experience but also fun.

All the students commented on how greatly they enjoyed these classes and the two main instructors: Lynne Shaw, President of Quabbin Healthcare Consulting, Inc., and Chief Joseph Flanagan of the Boylston Fire Department.

Email cert@sudbury.ma.us for more information on CERT or see www.sudbury.ma.us/committees/cert.

NEWS IN PRINT:

Sudbury emergency planning was featured in the March 27, 2008, issue of the *Sudbury Town Crier* in an article about the Sudbury Villagers Club March 6 meeting, where Chief MacLean and Richard Simon gave a most excellent presentation on Emergency Preparedness and CERT.

“Preparing for a disaster,” by Barbara Bahlkow appeared in the *Sudbury Town Crier* on April 10, 2008, and covered the mock shelter drill held November 20, and advised Sudbury residents on town-approved shelters, the importance of emergency planning, and CERT.

On May 22, Part 1 of a two-part article by Carole Flynn appeared in the *Sudbury Town Crier*, entitled “Everyday Heroes.” This spoke about the Sudbury Fire Department, the training required, equipment on hand, with a side bar on Fire Chief Kenneth MacLean’s many roles, including the concepts of CERT. Part 2 appeared the following week with two sidebars..

Another article prepared by Carole Flynn appeared in the June 5 *Crier* in the “Brief” section and covered the recent CERT Training class led by MEMA instructors (see previous page).

INTERESTING READING FROM THE FEMA WEBSITE (www.fema.gov). (Press CTRL and click on the links):

Prepare for Hazards

- [Dam Failure](#)
- [Earthquake](#)
- [Fire or Wildfire](#)
- [Flood](#)
- [Hazardous Material](#)
- [Heat](#)
- [Hurricane](#)
- [Landslide](#)
- [Nuclear Explosion](#)
- [Terrorism](#)
- [Thunderstorm](#)
- [Tornado](#)
- [Tsunami](#)
- [Volcano](#)
- [Wildfire](#)
- [Winter Storm](#)

Protect Your Family & Property

- [Mitigation Best Practices and Case Studies](#) - a collection of illustrated stories about ideas, activities, or projects, including funding sources that protect both people and property from devastating losses.

Protect Your Family.

- [Get informed](#)
- [Plan for emergencies](#)
- [Assemble a disaster supplies kit](#)
- [Effectively shelter](#)
 - [Prepare a safe room](#)
 - [Guidelines for managing water supplies](#)
 - [Guidelines for managing food supplies](#)
- [Get your children involved \(kids site\)](#)
- [Special needs & concerns](#)
- [Care for pets and livestock](#)

Protect Your Property.

Everyone faces the risk of natural disaster and no plan to protect property can be complete without insurance coverage against potential damage and loss. It is important to know exactly what coverage you may need and what coverage is available to protect your property against all of the natural hazards it may be exposed to so that you are not underinsured or not insured at all. Check with your insurance company or local insurance agent.

FEMA strongly encourages property owners and renters to fully explore their insurance needs and obtain adequate coverage before a disaster strikes.

PREPARE – PROTECT – BE READY

SHELTER NEWS & COURSE:

The Fairbank shelter is really coming along. Barbara Bahlkow has ordered and placed in the storage area 200 bottles of water; a case of blankets, which brings that number to 38; 40 personal care kits, which brings that number to 60; and 277 MREs, which will be stored upstairs. Chief MacLean, through a grant, has had First Aid supplies and Cert vests and equipment, etc. also placed in the storage area. Supplies are coming in as the funding comes in. Barbara and Sally are still preparing Go-Bags, which are being sold at the Senior Center by Kris Kiesel through the VIP committee for the elderly and disabled at \$65, or at no charge for those unable to pay.

All CERT members, MRC and VIP members are strongly encouraged to attend the American Red Cross **SHELTER SIMULATION COURSE** on **Saturday morning, June 28, from 9:00 AM to 12:00 Noon, at the Senior Center, 40 Fairbank Road.** You will learn how to set up a shelter and how to run it. This is extremely important for all of us to know. This course is normally taught by the Red Cross only to Red Cross workers. Through the intervention of Beth Whitlock, the Red Cross is coming to Sudbury because they are so impressed by the work we are doing here for Emergency Preparedness. Please email Barbara Bahlkow at: bab_apb@comcast.net, or call: 978-369-3332 to sign up.

DONATION:

The Sudbury Villagers voted June 5 to again donate to CERT, increasing the amount this year to \$200.

Some CERT Class photos:



**Bill Callahan & Ana Cristina Oliveira
rescuing wooden "victim"**

OTHER:

One or more volunteers are needed to pitch in on the Outreach & Education Training team. Please contact Richard Simon if you can help.

If you yourself are unable to contribute to this team's goals, perhaps you can help us increase CERT membership. Again, please speak to Richard, or Carole.

Sudbury Day has been postponed until spring 2009. Please watch the *Crier* for more information.



Fire Safety unit at SFD Headquarters



**Most of graduating class, with Chief MacLean, and
Richard Simon & Carole Flynn of the Sudbury
CERT**