

# NEWSLETTER

Issue 7

Summer 2009

**Sudbury Community Emergency Response Team (CERT)**

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C. Flynn, Editor

## SAVE THE DATE!

# Community Emergency Readiness Fair

September 13, 2009

12:00 to 3:00 PM • Peter Noyes School



This first-ever community-wide Emergency Readiness Fair is co-hosted by the Sudbury CERT and Sudbury MRC, with participation by Sudbury Fire, Police, and Health Department personnel. The Fair is a major effort that we hope to entertain as well as educate visitors on the importance of being prepared *before* an emergency occurs. Various demonstrations and booths will show how we can be ready as individuals and families and as a community, should a catastrophic event or a severe public health crisis hit our Town. In addition to featured speakers, demonstrations, exhibits and activities, several safety vehicles will be on hand for public display and photo opportunities.

As one of the prescheduled demonstrations, we will have a certified search & rescue professional give a short talk about S&R using specially trained dogs, and then give a brief demonstration of his dog's S&R ability. One thing he will do is hide a child volunteer in one of three or four cardboard appliance boxes scattered in the school field. His dog will then "search" for the child and lead the "rescuer" to the child's location. Depending on time and interest, a few children might take a turn at being found and rescued.

Another demonstration being planned is for Sudbury firefighters to use a water hose to knock over some milk jugs at increasing distances. The kids might especially enjoy that show of firefighter skill.

Other demos include CPR, medical first aid techniques, and the proper use of personal protection equipment, along with a demonstration of how ham radios can help in a community emergency situation. Information about flu prevention and home care, animal rescue and pet safety, and family disaster planning will be available at a variety of booths and tables.



Food and beverages will be available from Sudbury establishments, and we hope to have some nifty giveaways. A prize drawing will be held for attendees who have their prize cards punched by each and every booth and attraction.

A colorful Fair poster will be available online as well as distributed throughout Sudbury to high-traffic areas. CERT and MRC members' verbally promoting this event during your travels around town will also aid in making the Fair the huge success we hope for.

By now, CERT and MRC members have received an update by Fair Coordinator John Stevens outlining which event plans are secured / locked in / confirmed and which plans still need your assistance. CERT and MRC members understand the value of cooperation and preparedness during an emergency, so this is an opportunity to show your willingness by helping with this critical project. With only a short time to go, please contact John ASAP regarding an area where you can still help.

## SEPTEMBER IS NATIONAL PREPAREDNESS MONTH:

Mary Anne Sannicandro (Citizen Corps Program Coordinator at MEMA) sent information for the Sudbury CERT to learn about and register as a National Preparedness Month Coalition Member (<http://www.ready.gov/america/npm09/index.html>). By agreeing to be a NPC Member, our organization commits to do some kind of preparedness activity or event during the month of September. Our Sept. 13 Fair is ideal and was planned before we ever learned about the 2009 Coalition! Richard registered the Sudbury CERT online last month. Many units nationwide are planning events or exercises, and through this Coalition, we can connect with them. (Part of the responsibility of Citizen Corps Program volunteers is to disseminate information to community members which, in turn, is forwarded to CERT members through the occasional CERT Updates.)

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**April was designated as National Financial Literacy Month**, and in light of our national economic situation, Mary Anne sent links that were recommended by the National Citizen Corps Program. It is good to be prepared, not only with food and water, etc., but also with regard to our financial picture. For access to an Emergency Financial First Aid Toolkit, go to: <http://www.operationhope.org/effak>. For some useful money smart tips, go to: <http://www.mymoney.gov>.

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## UNITED WE SERVE:

In June, we were invited to participate in a United We Serve conference call with Tim Manning, the Deputy Administrator of the National Preparedness Directorate at FEMA, to discuss Citizen Corps support for President Barack Obama's nationwide service initiative, United We Serve.

United We Serve is President Obama's extended call to service, challenging all Americans to help lay a new foundation for growth in this country by engaging in sustained, meaningful community service. President Obama's full video message can be viewed at the new White House website [Serve.gov](http://www.serve.gov) (<http://www.serve.gov>). The United We Serve summer initiative began on June 22 and runs through the National Day of Service and Remembrance on September 11.

This conference call was one of many events hosted by the Department of Homeland Security (DHS) and FEMA throughout the summer to support United We Serve. Beginning with DHS Secretary Janet Napolitano's support for community readiness in Orlando, Fla., on June 22, where she worked with the Orlando Citizen Emergency Operations Center. In addition, FEMA Administrator W. Craig Fugate discussed the importance of service at a roundtable in Denver, Col., with firefighters and volunteers from Fire Corps and CERT programs on June 22.

The goal of United We Serve is to help make volunteerism and community service a part of the daily lives of all Americans in order to help build a new foundation, one community at a time. With an emphasis on community resilience, these are also the goals of Citizen Corps.

During the conference call: **Paulette Aneshoff**, from the White House, said this is a sustained collaborative effort. Hopefully other agencies will learn from us. Post your meetings, services, events on [www.serve.gov](http://www.serve.gov). Self-organize online. Showcase work all summer—post personal stories, too. Feedback can be sent through Karen Marsh (hostess) at [CitizenCorps@dhs.gov](mailto:CitizenCorps@dhs.gov).

**Tim Manning** said that Craig Fugate and Janet Napolitano are traveling the country, promoting the program. "We are committed to ensuring Citizen Corps and other efforts are strong and continue. We renew our commitment thru FEMA and state emergency management; focus on community planning and building—to become more resilient. He mentioned that a National Preparedness Conference will take place in Washington, DC, August 9 to 12. A quote: "Without your help, the government programs don't work."

*Continued on next page...*

**Jake Braun**, White House Liaison, stated, “We are serious.” There are assets now available that we will have access to that were not available before. Preparedness and Resilience start at the citizen level. With more traffic through [www.serve.gov](http://www.serve.gov), they hope for more citizen interest. A Tool Kit is available online for organizing efforts. There are *thousands* of Citizen Corps members around the country, and we’ve added support staff to help handle this. Please ask for our help.

**Karen Marsh** asked members to POST their meetings, events., etc. The Internet is *Global*. If you have taken time to prepare, or if you helped a

neighbor to prepare, tell the world what you have done! On [www.serve.gov](http://www.serve.gov), see bottom left—targeted tool kits geared toward the public, personal preparedness and community involvement; take training, learn new skills, practice plans, talk and plan with neighbors and friends. The Tool Kit helps people get started. Make sure to think about target populations: seniors, frail, children, economically disadvantaged, language & culture, pet owners, disabled.

There is a President’s Award for service hours. It’s a beautiful award, a certificate with your name on it, a pin, and signed by the President. ☆

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## MEMA:

See the MEMA website for hurricane-season information, plus check out the following **pet-related links** forwarded by Mary Anne Sannicandro:

“Disaster Preparedness for Pets”  
[www.disasterprepped.com/preparedness\\_pets.phb](http://www.disasterprepped.com/preparedness_pets.phb).

“Disaster Tips for Reptiles and Amphibians.”  
[www.disasterprepped.com/reptiles.phb](http://www.disasterprepped.com/reptiles.phb).

“Disaster preparedness for Horses”  
[www.disasterprepped.com/preparedness\\_horses.phb](http://www.disasterprepped.com/preparedness_horses.phb).

“What’s Best for My Pets? Deciding to Stay or Go”  
[www.disasterprepped.com/pets\\_evacs.phb](http://www.disasterprepped.com/pets_evacs.phb).

“Animals in Public Evacuation Centers”  
[www.disasterprepped.com/pet\\_shelters.phb](http://www.disasterprepped.com/pet_shelters.phb).

SMART (State of Massachusetts Animal Response Team) has a downloadable pdf file, “When You Go—They Go. Don’t Leave Home Without Them!” SMART’s website can be reached from the MEMA website and <http://www.smart-mass.org/document/YouGoTheyGo/pdf>.

Additionally, the CERT National Newsletter can be reached by <http://www.citizencorps.gov/news/enews>.

## TRAINING:

**IS-317 Search and Rescue Tutorial** – This tutorial allows CERT-trained individuals to review and refresh their skills in sizeup and search and rescue techniques. Teams can use the tutorial as a group refresher activity. Those who are not yet CERT members can also use the tutorial for background on the CERT basic training. See FEMA website.

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## NIH (NATIONAL INSTITUTES OF HEALTH) LINKS:

June 30, 2009 [Dynasty: Influenza Virus in 1918 and Today](#)

July 21, 2009: [Tips for Older Adults to Combat Heat-Related Illnesses](#)

[Don’t Dry Out Make Sure You Drink Enough Water](#)

You may wonder if you’ve been drinking enough water, especially when it’s hot out. Here’s what you need to know. [full story](#)

**READY AMERICA WEBSITE:** [National Preparedness Month Fact Sheet](#)

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## SUDBURY COMMUNITY TELEVISION:

Many of you have seen the televised Emergency Preparedness presentation given last January at the Sudbury United Methodist Church, featuring Chief MacLean and participation by several CERT members. If you haven't seen the talk and would like to, it can be viewed by going to [www.sudburytv.org](http://www.sudburytv.org) and looking through the list under **Watch Us on the Web!** You may need to click the arrow in the browser box, and then click on CERT. You can also link to the program from the CERT website.

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## NEW MEMBERS:

We welcome our newest CERT members, Rabbi Joseph Eiduson and Marc Stern. (You may recall that newer members Carol Williams, Marie Royea, and Steve Weinstein graduated from the Basic CERT Training course in Wayland this past spring—and Edward Arias looks forward to an opportunity for the same Training.) Marc Stern has prepared a short article on one of his areas of expertise, radio communications, which follows.

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## RADIOS – LIFELINE IN AN EMERGENCY



Although I've been around the block a few times (more than I'd care to admit), it wasn't until a couple of years ago that I heard people start using the word "hypotheticals" to mean situations that could happen.

So, here's the ultimate hypothetical for the CERT team: What do we do if we're activated? How do we communicate? What do we need to do, and what should we keep? Indeed, what's the emergency? Are we sheltering in place? Directing people to the shelter? What's the threat?

As a Ham Radio operator for more than 30 years, I'd urge each one of you to get your ticket. In that way, you'd have access to all of the radios and modes that I have access to now. I am an Extra Class operator, so I can operate everything right up to a space radio station (once worked the Shuttle with Owen Garriott that flew by in 1985 or so).

That aside, here's what my 30 years of experience with emergency communications has taught me. First, there's no such thing as "you can't do this!!" It is clearly stated in federal statutes that if there is a threat to life and property, then all the gloves are off and you communicate any way you can with authorities. (If it's windy, smoke signals aren't a good idea, but a tin can and string can be pretty darn effective across a yard).

In truth, what I would recommend is a relatively new radio service that made its appearance in the last decade. It's called the FRS or Family Radio Service.

It is a non-licensed FM-based (don't let your eyes glaze over, it's just a way of talking over a two-way) radio service that lets you communicate on special channels that are in between 460 MHz licensed radio systems channels. In fact, some of the channels are shared.

You can purchase a pair of these radios for very little—you might even find them at a yard sale because the family believes they have outgrown them—and you have a way to talk, depending on the power output, within a couple of miles of your house. These radios have access, I believe, to 8 special FRS frequencies and 8 shared 460 frequencies, giving them a total of 16 channels. They also have the 38 special transmit and receive tone groups that let only members of your group hear you or talk to you. These "privacy" channels are great and work well. I used a pair of Casios and they worked out well.

You can find them at just about any discount store or discount drugstore and they could form the background of a strong intercommunications system for the Sudbury CERT.

As an alternative, there's the good old AM CB set. They are also non-licensed, but the problem is that they are totally open to anyone who wants to use Channel 2 when you want Channel 2. Still, they are an alternative, and there are some interesting CBs out there that combine weather radios.

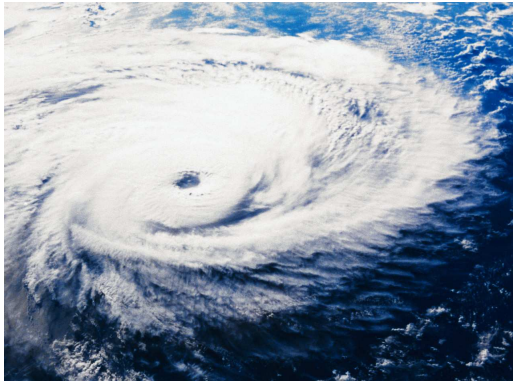
If you were a Ham, the choice of frequency and radio would be yours, although I am primarily an HF operator and manager of the Mass. State RACES HF Net for MEMA.

These are just a few ideas to think about, especially with the Community Emergency Preparedness Fair coming up. We could actually pick up a set of radios and give them a tryout. Some of the features I'd like to see on them are automatic headsets where the microphone just opens when you talk and stops when you stop (VOX operation). Or, we could even set up on the old 49 MHz band that

once was big in some circles. There are headset radios available for that.

I'd suggest the starting point as the FRS radios that we all likely have tucked away somewhere and if that doesn't work, moving on from there.

*(Bio info: Recent Sudbury resident Marc Stern has the Amateur Radio callsign WAIR and has worked in public safety communications for 30 years.)*



## HURRICANE SEASON:

The word "Hurricane" is derived from the Carib term for "God of Evil." In the West Indies, hurricanes were originally named after the Saint upon whose holyday the storm occurred. Until 1953, the custom was to refer to storms by their year or location i.e.: "The Hurricane of 1938" or "The Galveston Hurricane of 1900", when the National Hurricane Center began using female names, in alphabetical order. In 1979, alternating male and female names began. As listed below, six rotating lists of names are utilized for Atlantic Tropical Cyclones. An international committee of the World Meteorological Organization decides at the conclusion of each hurricane season if the name of an extremely deadly or costly storm should be retired and replaced on the list. These are the names utilized in the six-year cycle of names. Except for any retired names, in 2015 the 2009 list will be repeated. As we saw in 2005, once the 21 Tropical Cyclone names are used up, additional storms take the names from the letters of the Greek alphabet: Alpha, Beta, Gamma, etc.

## Atlantic Tropical Cyclone Names 2009-2014

<u>2009</u>	<u>2010</u>	<u>2011</u>	<u>2012</u>	<u>2013</u>	<u>2014</u>
Ana	Alex	Arlene	Alberto	Andrea	Arthur
Bill	Bonnie	Bret	Beryl	Barry	Bertha
Claudette	Colin	Cindy	Chris	Chantal	Cristobal
Danny	Danielle	Don	Debby	Dorian	Dolly
Erika	Earl	Emily	Ernesto	Erin	Edouard
Fred	Fiona	Franklin	Florence	Fernand	Fay
Grace	Gaston	Gert	Gordon	Gabrielle	Gustav
Henri	Hermine	Harvey	Helene	Humberto	Hanna
Ida	Igor	Irene	Isaac	Ingrid	Ike
Joaquin	Julia	Jose	Joyce	Jerry	Josephine
Kate	Karl	Katia	Kirk	Karen	Kyle
Larry	Lisa	Lee	Leslie	Lorenzo	Laura
Mindy	Matthew	Maria	Michael	Melissa	Marco
Nicholas	Nicole	Nate	Nadine	Nestor	Nana
Odette	Otto	Ophelia	Oscar	Olga	Omar
Peter	Paula	Philippe	Patty	Pablo	Paloma
Rose	Richard	Rina	Rafael	Rebekah	Rene
Sam	Shary	Sean	Sandy	Sebastien	Sally
Teresa	Tomas	Tammy	Tony	Tanya	Teddy
Victor	Virginie	Vince	Valerie	Van	Vicky
Wanda					