



# NEWSLETTER

Issue 8

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## Sudbury Community Emergency Response Team (CERT)

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C. Flynn, Editor

### COMMUNITY EMERGENCY READINESS FAIR

After a worrisomely rainy start, September 13 turned out to be a gorgeous day. The distribution of tote bags (containing a copy of Are You Ready, informational pamphlets, hand sanitizer, and File of Life forms), available at one per family, indicated that we had approximately 250 visitors to the Fair. Many young families were interested in the Mason's CHIP offer (Mass. Youth Child Identification Program); kids enjoyed knocking over bottles with the fire hose, sitting in the fire engine and wearing a helmet, sitting in the cruiser, or on the motorcycle; and all the exhibits received plenty of attention. Quite a number of people were heard commenting on their way out on how much they learned.

Our "main event," the K-9 search & rescue demonstration, was unfortunately canceled because the dogs were called out to do their work. But that's what all of us are about in emergencies. As an alternative, John Stevens conceived a "teamwork exercise" that involved two five-member teams made up of Fair visitors and a few CERT & MRC volunteers. As John explained in organizing this event, "In an emergency, a number of people who do not know each other may need to very quickly form and work as a team. This exercise is specifically designed to give a group of random people a chance to respond to an 'emergency' by forming a team and using teamwork to provide the help needed." The teamwork challenge involved having the two groups compete with one another to see which could organize themselves into a team and figure out how to cross an imaginary acid spill first "to bring aid to the imaginary people trapped on the other side of the spill," using only lengths of rope and two wooden planks – and without losing any team members overboard while crossing the acid pool. You can see this event on the video tape produced by SudburyTV ([www.sudburytv.org](http://www.sudburytv.org)).

The Sudbury Police Dept. had No Parking signs in place along the roads before we even arrived to set up! They were terrific all around and had a "Drunk Goggles" exhibit in addition to the cruiser and motorcycle.

I believe the Wingate at Sudbury director said he made and distributed eight or ten batches of popcorn along with cold bottled water.

The prize drawings, announced by Richard Simon, were a great finale (*everyone* paid attention!), and the prizes were very nice ones. It was funny that several seemed to match the winner's personality. For instance, a woman with a schnauzer on a leash won a \$20 gift card to Especially for Pets, while her mother won the L.L. Bean Wind 'n Go flashlight. A young woman with a family won the antique car ride in the parade next July 4, a man with his son won the Wayside Inn gift certificate, a woman in the Wellesley CERT won the home fire extinguisher, and a young man won the equipped Go-Bag. Everyone was smiling! Winners' photos were taken with Chief MacLean. At least one of our CERT members was also taking "candid" throughout the day. In addition to Sudbury TV filming and interviewing, I was told an appearance was made by representatives from the *Boston Herald* and *The MetroWest Daily News*.

It took more time to set up the field than to dismantle it—many hands made light work. I'd barely turned around from thanking a few exhibitors when I saw that our main tent paraphernalia was already packed! The two women with me (Gail Chapman Close from MRC, and Sue Idelson, *wife* of CERT member Jim) made excellent ambassadors as they greeted visitors. Thank goodness the Board of Health trailer was on hand to transport all our "stuff" back to John Stevens' garage. Even the trash was "organized"—some went into a large barrel, the cardboard was taken home by a CERT member to be recycled, water bottles were gathered to be recycled, and any leftover food was removed from the grounds, to avoid attracting bees, etc. Noyes custodian Jamie Campbell was very "cool, calm and collected" in helping the cafeteria exhibitors (HAM radio, CHIP, and Maps Online). Something went awry with the Maps Online equipment, and they had to shut down, as the exhibit wouldn't work. Everyone was out of the cafeteria in good time to let Jamie prepare the space for the next day's classes.

Prior to the actual event, several people wrote to commend us on our PR efforts. Numerous town departments assisted in one way or another with Fair preparations, for which the members of CERT and MRC are greatly appreciative. Despite the forecast of "partly

cloudy” for the day, I think everyone was sunburned by 3:00. And although the organizers were “brain dead” and bodily tired, all were gratified by the outcome.



At the October CERT meeting, appreciation for all the efforts to help assure success of the Fair by so many volunteers was shown by announcements and awarding of Certificates of Appreciation.



## **MOVING FORWARD – by CERT TEAM LEADER RICHARD SIMON:**

CERT will be assisting the Board of Health and MRC with registration line support for a likely H1N1 Vaccination Clinic in early December. We will draw on our experience from past Shelter Drills in the registration activity. I will be calling on you to volunteer your time as our goal is ten CERT volunteers to support this effort.

With the goal of making each CERT meeting a unique training or informative emergency preparedness event, our December 9 meeting will focus on refreshing CERT skills. MEMA is likely to support this activity, and any CERT members wishing to take part in the planning for this meeting should email me.

We should see more progress in the formation and execution of the HAM Communications Team with the help of Arnold Barnes and new CERT member and HAM, George Maier.

As the H1N1 scenario continues to unfold, we will continue to assess the date of our next Shelter Drill and hopefully execute this in the Spring.

Thank you all for your volunteer efforts and helping to make Sudbury more prepared!

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**NEW MEMBERS:** Welcome to our newest CERT members Kristy Gish, George Maier, and Nanette Moss-Semekjian!

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### **INFORMATION:**

A listing of CERT meetings for 2010 will be forthcoming, along with an updated Membership Directory and Telephone Tree, so please keep an eye on your email inbox for these documents.

FEMA's *Ready Campaign Fact Sheets* info has recently been updated, and is [now available](#).

In August, the CERT National Program Office announced the release of the August 2009 quarterly "CERT National Newsletter." This issue features stories on local CERT programs across the country. Click on the following to read and download the newsletter: <http://www.citizencorps.gov/cert/newsletter.shtm>.

The following excerpt is from [www.serve.gov](http://www.serve.gov).

**Community Preparedness: The Facts:** Research on preparedness shows that people who believe themselves "prepared" for disasters often aren't as prepared as they think. Forty percent of survey respondents did not have household plans, 80 percent had not conducted home evacuation drills, and nearly 60 percent did not know their community's evacuation routes.

Nearly 20 percent of survey respondents reported having a disability that would affect their capacity to respond to an emergency situation, but shockingly only one out of four of them had made arrangements specific to their disability to help them respond safely in the event of an emergency.

Our nation's emergency managers, firefighters, law enforcement officers, EMT/paramedics, and other emergency responders do an incredible job of keeping us safe, but they can't do it alone. We must all embrace our individual responsibility to be prepared – in doing so, we contribute to the safety and security of the nation as well.

## Emergency Preparedness Quiz (from Emergency Essentials)

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**How much do you know? Don't peek at the answers until you've finished!**

How much do you know about emergency preparedness? In a crisis, would you panic or prevail? The answer may surprise you. We've made up a fun quiz to test your knowledge on various disasters and emergency preparedness items. See how well you do by clicking the button on the bottom of the page.

### 1. What are the 4 factors that cause immediate deterioration of food storage?

- ☐ a) Oxygen, Light, Elevation, and Moisture
- ☐ b) Oxygen, Light, Heat, and Moisture
- ☐ c) Light, Elevation, Time, and Pressure
- ☐ d) Light, Heat, Pressure, and Time

### 2. The primary advantage of a non-hybrid garden seed is:

- ☐ a) Most common type of seed sold in most stores
- ☐ b) Produces higher yields than hybrid seeds
- ☐ c) Seeds can be harvested and replanted each year
- ☐ d) Have been genetically altered for color and taste

### 3. Which of the following will help improve the taste of filtered water?

- ☐ a) Carbon
- ☐ b) Salt
- ☐ c) Iodine
- ☐ d) Sand

### 4. What is the first and most important item to store in case of an emergency?

- ☐ a) Food
- ☐ b) Hand Grain Mill
- ☐ c) Flashlight
- ☐ d) Water

### 5. The N95 on a respirator mask stands for:

- ☐ a) The mask blocks at least 95% of very small particles
- ☐ b) The mask allows 95% of very small particles to pass through it
- ☐ c) The mask will protect 95% of those wearing it from illness
- ☐ d) The mask can be used for 95 days

### 6. According to FEMA, which item below is *not* one of the six basic disaster supplies that you should stock in your home?

- ☐ a) Water
- ☐ b) Food

- ☐ c) Tools
- ☐ d) Food Storage Recipe Book

**7. What items have become known as the 7 Basics of Food Storage?**

- ☐ a) Grains, Legumes, Powdered Milk, Spices, Honey/Sugar, Shortening/Oil, and Salt
- ☐ b) Grains, Legumes, Powdered Milk, Honey/Sugar, Shortening/Oil, Salt and Garden Seeds
- ☐ c) Grains, Legumes, Powdered Milk, Honey/Sugar, Freeze-Dried Meat, Shortening/Oil and Salt
- ☐ d) Grains, Legumes, Freeze-Dried Fruit, Powdered Milk, Honey/Sugar, Shortening/Oil and Salt

**8. A Meal Ready to Eat (MRE) stored at 70° will last for:**

- ☐ a) 22 months
- ☐ b) 53 months
- ☐ c) 76 months
- ☐ d) 100 months

**9. About how much dry volume does a #10 can hold?**

- ☐ a) 2-5 cups
- ☐ b) 6-9 cups
- ☐ c) 10-13 cups
- ☐ d) 14-17 cups

**10. FEMA stands for:**

- ☐ a) Federal Emergency Management Agency
- ☐ b) Federal Employees Management Association
- ☐ c) Federal Emergency Multitasking Agency
- ☐ d) Federal Emergency Manufacturers Association

*Answers to quiz:*

- |      |       |
|------|-------|
| 1. b | 6. d  |
| 2. c | 7. b  |
| 3. a | 8. d  |
| 4. d | 9. c  |
| 5. a | 10. a |