



NEWSLETTER

Issue 12

Spring 2012

Sudbury Community Emergency Response Team (CERT)

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TRAINING: Through invitation by Wayland CERT, the following three members of Sudbury CERT are congratulated on successfully completing and graduating from the Basic CERT Training on March 26. **Diane Hammond, Sue Ellyn Idelson, and Sapna Mannan..** Way to go! The first photo shows the entire class, and the second includes instructors and Wayland Police & Fire Chiefs and LEPC Chair.



SHELTERS:

Training:

CERT & MRC members and other residents of Sudbury & Wayland are now Certified by the Red Cross in Shelter Operations; and most also took the Shelter Simulation course. Both courses were presented this past winter by Larry Rosenberg, volunteer partner to the CEO, Eastern Mass. Region HQ.

Security: During our March meeting, Ippolit Matjucha gave us an excellent presentation on shelter security issues, with recommendations of several books on the subject, with stress on non-violent interventions.

Police Lt. Scott Nix gave us another perspective at our April meeting regarding general evaluation of shelter arrivals, dealing with aggressive parties, and evaluating security issues.

Additional Shelter Location: We have been in touch with folks at St. Anselm's Church (Landham Road) regarding their serving as an emergency shelter. Should a wide-spread disruption result in roads being impassible, people at the opposite end of Sudbury wouldn't need to travel to the Fairbank. The St. Anselm's folks are enthusiastic and eager to take CERT and shelter operations training when they again becomes available.

SUDBURY CERT is hoping to help at the Fourth of July Parade by again distributing water to participants at the half-way point and finish areas.

COMMUNICATIONS:

For our June 6 meeting, CERT member George Maier has arranged for a communications presentation by Bob DeMattia, one the key amateur radio coordinators for the Boston Marathon. Please try to attend. Groups from surrounding towns will also be invited.

Sudbury CERT now has a dedicated Hotline that will aid in emergency notifications and other CERT business.

EMERGENCY FOODS:

By now, we're all familiar with Emergency Essentials as a source for long-term-storage foods. I learned recently that the wholesale warehouses (BJ's, Costco, Sam's Club, etc.) have a large variety of preparedness products available online. Shipping may be included.

For instance, at BJ's, one All-in One Pail contains supplies for one person for 30 days at approximately \$3.00 per day. It also contains FireOn fire starter and a Water Bottle Filter. There are versions with even more variety, as well as specialty packages (all fruits, all breakfast, etc.).

Water, garden seeds and even sand bags are available, as is a Back Pack with Life Essentials for 3 days. Item descriptions include contents, shelf life, number of servings, allergy information, warranties, etc.

At the Websites, search by typing in "emergency foods."

MAY is NATIONAL OLDER AMERICANS MONTH!

May is [National Older Americans Month](#) and as our nation continues to prepare for and respond to disasters, there is a lot Citizen Corps councils can do to engage seniors in preparedness planning and ensure plans are in place to accommodate our elderly population in times of emergency. View the [Preparing Makes Sense for Older Americans](#) video

to learn more about reaching out to this national treasure of Americans and how to tailor an [emergency preparedness kit](#) to any personal circumstance. Seniors can also get into the spirit of individual and community preparedness and planning by joining [Senior Corps](#) which is a great opportunity to continue their legacy of giving back!

Click [here](#) to learn about preparedness considerations for aging Americans.

Click [here](#) to learn about how Meals on Wheels is helping to prepare older Americans!

FEMA:

Emergency Management Institute Independent Study Courses:

- IS-394 - Protecting Your Small Business From Disasters - <http://training.fema.gov/EMIWeb/IS/IS394A.asp>
- IS-36 - Multihazard Planning for Childcare - <http://training.fema.gov/EMIWeb/IS/is36.asp>
- IS-10 - Animals in Disasters, Awareness and Preparedness - <http://training.fema.gov/EMIWeb/IS/is10a.asp>
- IS-910 - Emergency Management Preparedness Fundamentals - <http://training.fema.gov/EMIWeb/IS/is910.asp>
- IS-660 - Introduction to Public Private Partnerships Online course – <http://training.fema.gov/EMIWeb/IS/is660.asp>

For more information regarding the Emergency Management Institute's Independent Study Courses, visit their website: <http://training.fema.gov/IS/>.

Strengthening Resilience across the Nation:

With the various threats our nation faces – both man-made and natural – have you ever wondered "How prepared are we as a nation?" Be sure to read the [2012 National Preparedness Report](#) (NPR) just released by FEMA and its partners.). The Report identifies significant progress the nation has made in areas of prevention, protection, mitigation, response, and recovery. Citizen Corps Councils are

a critical resource in building our nation's resilience. Learn more and take action to be prepared. And don't forget to check out the various [webinars](#) Citizen Corps has hosted. Many highlight the preparedness issues and topics discussed in the Report.

FYI:

Hurricane Preparedness Week is May 27 – June 2. Discussed during a recent Webinar, a local CERT program in Connecticut was honored with a Citizen Corps award for its response to Hurricane Irene. The Webinar also included the [Great Hurricane Blowout](#), a national hurricane preparedness campaign designed to help families prepare in advance for hurricane season. Additionally, there was a presentation by the [Ready South Florida Campaign](#), which provided an overview of some of Florida's hurricane preparedness activities. [Citizen Corps](#) and [Ready](#) also discussed FEMA's plans for [Hurricane Preparedness Week](#) and how you can get involved.

Storm Shelters Old and New - Still a Good Idea 05/14/2012

Location: Indiana (Ripley County) | Hazard(s): Tornado | Type(s): Individual/Community Safe Rooms | *Press CTRL & the link for story.*

CDC:

Check out the following from the Centers for Disease Control and Prevention (<http://www.cdc.gov>) - CDC Extreme Heat: A Prevention Guide to Promote Your Personal Health and Safety <http://www.bt.cdc.gov/disasters/extremeheat/heatguide.asp>.

from NIH: Health Capsules

- [Danger in Shifting Summer Temperatures](#)

From: Ready Campaign

[ready@service.govdelivery.com]

Sent: Friday, April 20, 2012 3:25 PM

Subject: Severe Weather Know Your Risk, Take Action, Be a Force of Nature

FEMA, NOAA launches first National Severe Weather Preparedness Week April 22 – 28

As the nation marks the first anniversary of one of the largest tornado outbreaks in U.S. history, the National Oceanic and Atmospheric Administration and the Federal Emergency Management Agency are teaming up this week to save lives from severe weather.

The two agencies encourage the public to "know your risk, take action, and be a force of nature" by taking proactive preparedness measures and inspiring others to do the same.

Last April, tornadoes raked the central and southern United States, spawning more than 300 tornadoes and claiming hundreds of lives. That devastating, historic outbreak was only one of many weather-related tragedies in 2011, which now holds the record for the greatest number of multi-billion dollar weather disasters in the nation's history.

The country has already experienced early and destructive tornado outbreaks in the Midwest and South this year over the last two months, including a significant number of tornadoes last weekend. May is the peak season for tornadoes, so it is important to take action now.

"The damaging tornadoes that struck this year, causing widespread devastation as well as loss of life, also spurred many amazing and heroic survival stories," said NOAA Administrator Jane Lubchenco, Ph.D. "In every one of these stories, people heard the warning, understood a weather hazard was imminent and took immediate action. We can build a Weather-Ready Nation by empowering people with the information they need to take preparedness actions across the country."

"One of the lessons we can take away from the recent tornado outbreaks is that severe weather can happen anytime, anywhere," said FEMA Administrator Craig Fugate. "While we can't control where or when it might hit, we can take steps in advance to prepare and that's why we are asking people to pledge to prepare, and share with others so they will do the same."

To "be a force of nature," FEMA and NOAA encourage citizens to prepare for extreme weather by following these guidelines:

- Know your risk: The first step to becoming weather-ready is to understand the type of hazardous weather that can affect where you live and work, and how the weather could impact you and your family. Check the [weather forecast](#) regularly and sign up for alerts from your local emergency management officials. Severe weather comes in many forms and your shelter plan should include all types of local hazards.
- Take action: [Pledge](#) to develop an [emergency plan](#) based on your local weather hazards and practice how and where to take shelter. Create or refresh an [emergency kit](#) for needed food, supplies and medication. Post your plan where visitors can see it. Learn what you can do to strengthen your home or business against severe weather. Obtain a [NOAA Weather Radio](#). Download FEMA's mobile app so you can access important safety tips on what to do before and during severe weather. Understand the weather warning system and become a [certified storm spotter](#) through the National Weather Service.
- Be a force of nature: Once you have taken action, tell your family, friends, school staff and co-workers about how they can prepare. Share the resources and alert systems you discovered with your social media network. Studies show individuals need to receive messages a number of ways before acting - and you can be one of those sources. When you go to shelter during a warning, send a text, tweet or post a status update so your friends and family know. You might just

save their lives, too. For more information on how you can participate, visit www.ready.gov/severeweather.

About FEMA

FEMA's mission is to support our citizens and first responders to ensure that as a nation we work together to build, sustain, and improve our capability to prepare for, protect against, respond to, recover from, and mitigate all hazards. Take the pledge and learn more information at www.ready.gov/severeweather-- and encourage the rest of your community to join.

About NOAA

NOAA's mission is to understand and predict changes in the Earth's environment, from the depths of the ocean to the surface of the sun, and to conserve and manage our coastal and marine resources. Join us on [Facebook](#), [Twitter](#) and our other [social media channels](#)

CERT WISH LIST:

- A Baby Monitor.
 - Storage Bins.
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REMINDER: Sudbury CERT meetings are open to the public and are held at 7:00 PM on the first Wednesday of each month in the Sudbury Senior Center, 40 Fairbank Road. (No meetings in July & August.)

