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This newsletter is being sent out to help you stay in the loop and updated on what is happening with CERT in our community. If you have any suggestions for content please contact one of us [your CERT Team Leaders].

WE HOPE YOU FIND THIS NEWSLETTER AND INFORMATION HELPFUL!

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CERT Team Member Receives AHA Heartsaver Hero Award

The American Heart Association Heartsaver Hero Award was presented to Rachel Roets at the Wahpeton City Council meeting on August 19. A Heartsaver Hero Award honors someone who used CPR and/or an AED to help save the life a fellow citizen who went into sudden cardiac arrest. According to Wahpeton Police Chief Scott Thorsteinson who nominated Rachel for the award, "Rachel's actions that day serve as an example regarding how a single person with the right training, a selfless attitude, and the willingness to step forward when necessary can mean the difference between life and death to another person."

On May 2 while Rachel was working at Walmart, she was informed that a customer seemed to need help. As she hurried to the location, she radioed for management to call 911. Upon reaching the individual, Rachel quickly determined that he was not responsive and not breathing. She immediately began CPR as she had been taught in her Community Emergency Response Team sponsored CPR training. She was relieved by a manager who took over CPR compressions. Rachel then called

911 to verify that an ambulance was on the way. Wahpeton Police Officer Evan Mehl, who happened to be in the store, arrived and took over compressions. At this point Rachel took the victim's wife aside and attempted to calm her and to get information needed by emergency personnel.

This is not the first time Rachel has used her CERT training to assist in an emergency. On December 23, 2011, also while on duty at Walmart, she watched as a customer had a seizure. Using her CERT training, she assessed the situation and called for a manager to call 911. As the customer was being aided by a friend, Rachel first attempted to calm a young woman who seemed hysterical. When she noted that the victim was bleeding from the head, Rachel found towels for a pressure bandage. When the victim seemed stabilized, Rachel headed outside to wait for emergency personnel and to direct them to the correct location.

Rachel completed her Basic CERT Training in May 2011. She has since taken additional CERT sponsored First Aid and CPR training. Her father, Rev. Joe Roets, is a CERT trainer

CERT Team Member Receives AHA Heartsaver Hero Award Cont.

and member of the Richland County Community Corps Council. Her mother Ruth, sister Rebecca, and brother Joshua are also active CERT volunteers.

Rachel credits her CERT training with teaching her what to do in an emergency. "I really want to praise the Lord for helping me to remember everything I had been taught, and for keeping me calm. I was blessed with the opportunity to help someone. Thank the Lord this man is still alive."



Chief Scott Thorsteinson, Rachel, Joe, Ruth, and Rebecca Roets

About Community Emergency Response Team

Following a major disaster, first responders who provide fire and medical services will not be able to meet the demand for these services. Factors such as number of victims, communication failures and road blockages will prevent people from accessing emergency services they have come to expect at a moment's notice through 911. People will have to rely on each other for help in order to meet their immediate lifesaving and life sustaining needs.

One also expects that under these kinds of conditions, family members, fellow employees and neighbors will spontaneously try to help each other. This was the case following the Mexico City earthquake where untrained, spontaneous volunteers saved 800 people. However, 100 people lost their lives while attempting to save others. This is a high price to pay and is preventable through training.

If we can predict that emergency services will not meet immediate needs following a major disaster, especially if there is no warning as in an earthquake and people will spontaneously volunteer, what can government do to prepare citizens for this eventuality?

First, present citizens the facts about what to expect

following a major disaster in terms of immediate services. Second, give the message about their responsibility for mitigation and preparedness. Third, train them in needed lifesaving skills with emphasis on decision making skills, rescuer safety and doing the greatest good for the greatest number. Fourth, organize teams so that they are an extension of first responder services offering immediate help to victims until professional services arrive.

Background

The Community Emergency Response Team (CERT) concept was developed and implemented by the Los Angeles City Fire Department (LAFD) in 1985. The Whittier Narrows earthquake in 1987 underscored the area-wide threat of a major disaster in California. Further, it confirmed the need for training civilians to meet their immediate needs. As a result, the LAFD created the Disaster Preparedness Division with the purpose of training citizens and private and government employees.

The training program that LAFD initiated makes good sense and furthers the process of citizens understanding their responsibility in preparing for disaster. It also increases their ability to safely help

About Community Emergency Response Team Cont.

themselves, their family and their neighbors. The Federal Emergency Management Agency (FEMA) recognizes the importance of preparing citizens. The Emergency Management Institute (EMI) and the National Fire Academy adopted and expanded the CERT materials believing them applicable to all hazards.

The CERT course will benefit any citizen who takes it. This individual will be better prepared to respond to and cope with the aftermath of a disaster. Additionally, if a community wants to supplement its response capability after a disaster, civilians can be recruited and trained as neighborhood, business and government teams that, in essence, will be auxiliary responders. These groups can provide immediate assistance to victims in their area, organize spontaneous volunteers who have not had the

training and collect disaster intelligence that will assist professional responders with prioritization and allocation of resources following a disaster. Since 1993 when this training was made available nationally by FEMA, communities in 28 states and Puerto Rico have conducted CERT training.

CERT in Our Area

We have 68 team members from Wahpeton and Breckenridge and the surrounding area. These team members have taken the CERT basic training, and in many cases advanced training, so they will be ready to step forward and assist their communities in an emergency.

For more information about CERT go to <http://www.fema.gov/community-emergency-response-teams>.

Did You Know?

Did you know that teachers may be eligible for Continuing Education credits just by taking a CERT class? Please pass this information along to your teacher acquaintances. If they are interested in more information, ask them to call:

Penny Seifert, CERT Coordinator
pennyann@wah.midco.net 701-642-2392



Upcoming Training Events

- ◆ Are you interested in brushing up your skills learned in CERT Training? Training is available at: <http://www.citizencorps.gov/cert/IS317/> Another way to brush up on your skills is to sit in on a current running CERT course. Please contact Penny Seifert if you are interested.
- ◆ CPR and First Aid Training—Please contact Penny Seifert if you are interested.

Volunteer Spotlight: Bruce Woytassek

Have you ever thought it would be cool to listen to the Police or Fire department whenever you hear sirens? Or maybe hear astronauts talking in space, or better yet, talk to them?

During all hours of the day and night government agencies, satellites, and even the astronauts and computers onboard the International Space Station are sending radio signals that we can listen to and sometimes communicate back to using radio transmitters and receivers.

I have been involved in ham radio for over 20 years and have earned a general class Amateur Radio License. I am a past president of the local Three River's Amateur Radio Club and I have talked with astronauts on the space shuttle, the Russian Space Lab, and many other ham radio operators all over the world.

Years ago, many people had CB radios in their vehicles for communications. I thought this was the coolest thing ever so when my dad got a couple radios, I started talking to friends and some ham operators who used CBs. I found out that I could talk all over the world on ham radio which captured my attention. When a neighbor friend that was a ham radio operator asked me to help him make antennas and fix radios, that sealed the deal for me, I had to get my ham license!

To get a Ham License or "Ticket" things you need to know are some theory of electronics, electrical safety,



T.R.A.R.C.

Three River's Amateur Radio Club



how radio waves travel through the atmosphere and some of the rules and regulations for ham radio.

There used to be a requirement to learn Morse code to get a license but that has been dropped over the years. A study book can be purchased at the ARRL web site "www.arrl.org" or from a local ham radio club member. You can study on your own or attend weekend classes to get a license. The Wahpeton/Breckenridge club has classes a couple times a year.

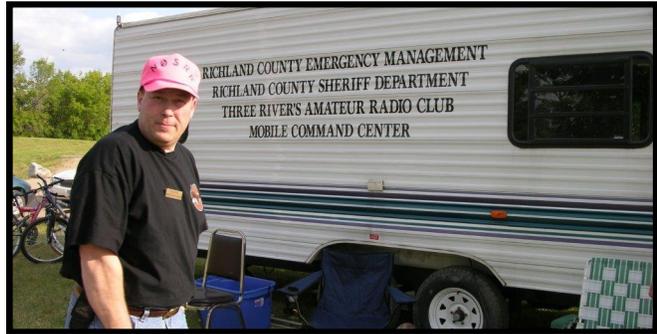
Ham operators experiment with radio waves, antennas, digital frequencies and many modes of communications. Some ham radio operators also help with Amateur Radio Emergency Services, which connect you with government agencies and CERT to help with communications in times of emergency like hurricanes, severe weather and floods. For example, during the flood of 1997 ham operators created a communication link for the Coast Guard to talk from the rubber boats in the flood waters downtown Grand Forks all the way to Minneapolis for emergency communications since the cell phone towers were down due to over use, and government frequencies were over taxed with local traffic. Ham operators also maintained status updates with Bismarck a couple times a day from the Wahpeton Law Enforcement Center and patrolled the dikes with the National Guard. Ham operators even help with parades and traffic control!

I have talked with people at the North Pole during a blizzard waiting for rescue, relayed welfare messages for soldiers during the war in Iraq and I have talked to Navy officers on aircraft carriers in the Pacific Ocean working the radios on their time off duty. I really enjoy being ham radio operator!

Volunteer Spotlight: Bruce Woytassek Cont.

Please browse the Amateur Radio Relay League web site at <http://www.arrl.org/> to explore ham radio further or contact the local ham radio club at this email address. trarc@live.com

*Bruce Woytassek - NØSRR
CERT Volunteer and Ham Radio Operator*



We Need Your Help!!

Please help us out. We are looking for volunteers to submit short pieces about themselves for the CERT Newsletter. We take our training in small groups, and do not get to know CERT members from other classes – at least not in the CERT context. And it is difficult to get our approximately 60 CERT volunteers together. We are trying to “introduce” volunteers to each other through short bios in our quarterly newsletters.

These bios can be simple – just tell us something about yourself. For example, tell us about what you do for a living or what you do in your free time. Have you used your CERT training in any way? Or do you have

a suggestion for other CERT volunteers? Don't be shy. We know you all have something very interesting to say!

Please send your bio to Heather at heather.goroski@gmail.com or Penny at pennyann@wah.midco.net. We will try to include a couple of bios in each newsletter.

Past issues of the newsletter can be found under the “CERT” tab on the City of Wahpeton web site at <http://www.wahpeton.com>.

- Your CERT Team Leaders