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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 CodeRED

In 2011 Jill Breuer, Communications/911 Manager with Richland County, set up a special CERT CodeRED list to quickly notify our 68 volunteers in case of an emergency. Since our community is not defined by city, county, or state lines, our volunteers from the Minnesota side of the river are also included on this list. As new members have completed their initial CERT training, they have also been added to the list.

This list only works if it is kept current. If your contact information has changed since the CERT CodeRED list was initiated, please let me know. If you are not sure if we have your current information, send it to me and I will check our data base. My contact information is listed below.

Following is the information needed for the CERT CodeRED list. List only the phone numbers to which you want CERT CodeRED messages sent.

- Home phone with area code
- Work phone with area code
- Cell phone with area code
- Cell phone provider

- Do you receive text messages?  
Yes or no
- Address (including street, city, state, and zip)

Email addresses are not needed for CodeRED, but we would like to know if yours changes. We use email messages to communicate nonemergency and training information to our volunteers.

NOTE – the CERT CodeRED list is used *only* to notify CERT members if they are needed in an emergency. If you are not already signed up for CodeRED weather warning calls, we strongly urge you to do so. Richland County residents can sign up at [www.co.richland.nd.us](http://www.co.richland.nd.us); Wilkin County residents at [www.co.wilkin.mn.us](http://www.co.wilkin.mn.us). For more information about CodeRED, read the article in the July/August 2012 CERT Newsletter. You will find all our back issues under the CERT tab at [www.wahpeton.com](http://www.wahpeton.com).

Penny Seifert, Team Leader

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701-642-2392

## Volunteer Spotlight: Shanae Gilbertson



Hi! My name is Shanae Gilbertson. I am 21 years old and I work as an LPN at Sanford Health as a hemodialysis nurse. But I'm getting ahead of myself.

Before I became a nurse I first expressed interest in healthcare when I joined the Wahp/Breck

Ambulance's Explorers program during my junior year of high school. The Explorers program was like a pre-EMT class for high school students. I graduated high school from Breckenridge in 2010 and started college at NDSCS in Wahpeton a week later. Then during the fall of my freshman year of college, the Wahp/Breck Ambulance offered an EMT class. I completed the class the following spring, passed the practical examination on the first try and two attempts later on the written exam I was officially an EMT! I continue to volunteer at ambulance service when available.

During the spring of 2011, I began the LPN program at NDSCS. Fast-forward two stressful years—with the excep-

tion of CERT training during spring of 2012, which was the opposite of stressful!—and stop at December 2012 when I graduated from the LPN program along with 18 other students. Also at graduation I was awarded Student Nurse of the Year.

In January 2013, I took my nursing boards, which by the way was the most stressful test I had ever taken. After two excruciating days the results for the test were posted and I passed! Then came the task of finding a job. To be honest, I had no idea which area of nursing I wanted to work in. So I applied for just about every open LPN position Essentia and Sanford had to offer. At long last in February I accepted my first nursing position at Sanford Health Outpatient Dialysis and I am loving it.

But I'm not done just yet. This fall I started the RN program at NDSCS and will graduate in the spring. After that I will continue my education to earn a Bachelors and Masters degree.

Well, that's my story folks. I hope you enjoyed!

## 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](mailto: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.

## 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 a tornado 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 themselves, their families 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.

## About Community Emergency Response Team Cont.

### 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>.

### 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 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](mailto:heather.goroski@gmail.com) or Penny at [pennyann@wah.midco.net](mailto: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