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Getting Started

This newsletter is being sent out to help you stay in the loop and updated on what is happening with CERT in our community. A newsletter will be sent quarterly (January, April, July and October). 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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Eye on the Sky...Your Safety

On June 16, Greg Gust from the National Weather Service (NWS) in Grand Forks spoke to CERT volunteers and community members about how to stay safe in severe weather. Greg is a Warning Coordinator with the NWS, and teaches SkyWarn courses in Eastern North Dakota and Northwest Minnesota.

We usually think of places like Texas, Kansas, and Oklahoma when we hear "tornado alley," but according to Greg, we also have our share of violent storms. Ours just happen later in the season.

Greg explained to us how tornadoes build and what to watch for. He also talked to us about

what to do if we were caught in a tornado or other severe weather.

Greg also shared fascinating

pictures and videos of tornadoes.

If you were unable to attend this training and would like more information about violent storms, go to <http://www.weather.gov/safety.php>. You can download information from that page.



[The above photo was taken of the August 2010 Tyler Tornado by Michele Shreck]

WELCOME

New CERT Volunteers

In May eleven volunteers completed their training and were accepted as CERT volunteers. Please welcome the following CERT volunteers: Tracy Brantl, Donna Erickson, Matthew Fredericksen, Marlys Fredericksen, Patty Keaveny, Melissa Knudsen, Carmen Nicodemus, Rachel Roets, Rebecca Roets, Ruth Roets, and Beth Thorsteinson.

National CERT Newsletter

In this issue of the CERT National Newsletter, Volume 3, Issue 4, you will read about the creative and diverse ways CERT members serve their communities when they aren't activated for emergency situation. Also featured in this issue is an article on the Pasadena Community College CERT's full-scale ShakeOut exercise, and the Denver CERT program's success in building community partnerships. Last but not least, find out more about Georgetown University's collaboration with other Washington, D.C. universities and colleges to provide CERT training. [Click here to read the newsletter.](#)



Help Needed in Minot, ND

Volunteers are needed for cleanup in the Minot area. Those interested in volunteering should go to <https://hodr.wufoo.com/forms/minot-rcc-volunteer-inquiry-form/> to register. Upon arrival, volunteers should check in at the Minot City Auditorium - 420 3rd Avenue Southwest.

A couple of things to consider before volunteering:

- Housing is very limited in the Minot area. Volunteers should be self-contained with plans for housing (if needed) before arrival.
- Make sure to wear clothes that can get dirty and sturdy work shoes. Bring work gloves.
- Many homes have mold damage. Those with respiratory conditions/allergies need to be cautious.

More information will be provided to volunteers upon their registration at the above referenced website. Thank you for any help you may be able to provide.

Meet Your Leaders

Heather Goroski, CERT Team Leader

I am a Research Analyst at NDSOS and have been with the college for 7 years. I took my CERT training in October 2008. I began serving as one of your team leaders this past spring and have enjoyed every minute!

My husband, David, and I have been married for two years this October. We have an 18 month old puppy who loves to hunt with us. We enjoy bow hunting—deer and turkey, pheasant hunting and I still rifle deer hunt in Minnesota (a family tradition). Other hobbies include scrapbooking, card making, reading and sewing.

I am currently pursuing my Masters degree in Educational Leadership at NDSU with plans to go on and complete my Ph.D. in Institutional Analysis. I look forward to continuing to serve each of you as one of your leaders!!

Joe Roets, CERT Team Leader

I moved to Wahpeton in November 1993 to start the Bible Baptist Church of Wahpeton where I am the Senior Pastor. At present I hold a Master's Degree in Religious Education with an emphasis in Biblical Counseling.

I also serve as the law enforcement chaplain for the Wahpeton Police Department and the Richland County Sheriff's Office and have been an active CERT member since 2007. As a CERT member I have participated in traffic control, sandbagging and assisted in CERT training exercises. I also assisted the Red Cross at an evacuation center during the Industrial Plating Fire, and was on the scene at the Langenwalter farm to offer assistance shortly after the August 2010 tornado.

I proudly serve as one of your CERT Team Leaders. CERT has been an opportunity for me to give back to my community.

Penny Seifert, CERT Team Leader

I recently retired and am now enjoying volunteering with CERT, the Twin Towns Gardeners' Market, and the North Dakota Horticultural Society. My hobbies are gardening, reading, and making wine at home. (Don't ask me about the wine unless you have a LOT of time to listen.) My husband, Bill, and I have two grown children: Paul teaches physics at Concordia, and Becky is a Fire Ecologist at Yellowstone National Park. We have one

granddaughter, Terran Seifert, who just graduated from Fargo North.

I took my CERT training in March of 2007. A year later I assisted the Red Cross at an evacuation center during the Industrial Plating Fire, and after the tornado, I spent a day in Northwood. I learned from these two experiences that the original CERT training is just a starting point in learning how to deal with emergencies. There was so much more that I needed to learn.

When Lynda Alfson contacted me about becoming a team leader, I went to the meeting just to see what it was all about. Joe Roets, Heather Goroski, and I decided that this was a job we wanted to do. As team leaders we try to arrange for "continuing education" for CERT volunteers. Last spring I attended a couple of the CERT classes for new volunteers, and found the review to be very helpful. I would highly recommend this route to anyone. I really enjoy working with Heather, Joe, and Lynda, and all the other people I've come to know through CERT.

Lynda Alfson, CERT Coordinator

My interest in CERT is because I really like working with volunteers and am very inspired by them. I have volunteered myself with many organizations and really know the value of volunteer work. Also, I am convinced CERT not only teaches very valuable life skills/info to the participants, but fosters wonderful community involvement. I have been the CERT Coordinator since the winter of 2008.

My "main" career was as the Meal Merchant with the West Fargo Cargill Sunflower/Flax Crushing plant where I was responsible for trading the feed ingredients. I worked there for 28 years, retiring in December 2007. I now work part-time at Prairie Vision Center and really enjoy getting to know our patients and learning about eye health. In years past I also had a crafts business in which made decorated clothing and jewelry and sold them at home parties and craft fairs.

I have two children and two step children. My children are Stacy who lives in Fargo and is a Business Analyst

for US Bank. My son Adam, also a Business Analyst for US Bank, works in Minneapolis. He is married to Heather Leinen from Breckenridge, MN. My stepdaughter is Jessica Gowan, who works at Integrity Windows in Fargo and is married to Chris with a 1-1/2 year old daughter, Ellie and expecting our second grandchild in October. My stepson is Dustin who works for Farmers Insurance in Fargo and is married to Jenny (Halvorson). My "baby" is 6 year old Molly, our Springer Spaniel, who is Queen of the House.

My interests include traveling, lake time (West Silent Lake) where we are rehabbing a house we moved onto our lot last year, reading, doing Zumba on my Wii. I am currently on the Board of Outreach at Bethel Lutheran and active with Lutheran Via de Cristo movement.

My volunteer activities in the past are largely with church organizations, the most prominent being Via de Cristo and Sister Parish, which is an organization that links N American congregation with marginalized congregations or communities in Central America. I have been on Sister Parish delegations to Guatemala 3 times. I have also volunteering with Lutheran Disaster Response, both in Fargo during flooding and in Puerto Rico after hurricane damage there. Some of my highlights of those visits was having my daughter with me in Guatemala and my son with me in Puerto Rico.

Mike Goroski, CCC Chair

Paramedic

Associate of Science degree, NDSCS, 1988. EMT Basic, FM Ambulance, 1990. Paramedic, FM Ambulance, 1991.

I worked as a Paramedic at Jones Ambulance, Park Rapids for 8 years, and Ambulance Service, Inc., Breckenridge since 2000. I am a certified CPR and First Aid instructor.

I was a founding member of the Citizen Corps Council (CCC) which is credited with the formation of the CERT program for Richland County. I am the current chair of the CCC. I teach the Disaster Medical Operations unit of CERT training.

I was born and raised in Wahpeton, married to Suanne, and two children: Jonathan (13) and Mary (10). My hobbies include camping, hunting, archery, and fishing. I am an adult leader for Boy Scout Troop 346.

**Scott Thorsteinson, CCC Member
Chief of Police**

I am a member of the Richland/Wahpeton Community Corps Council (CCC), have been an Officer with the Wahpeton Police Department since 1979, serving as Chief of Police since April 1, 2003.

I am a native of Dilworth, MN and attended Moorhead State University, where I was a student in the inaugural criminal justice program. My wife, Beth, and I have been married for 26 years and have been blessed with five children, four daughters and a son, who range in age from 16 to 25 years of age.

I attended the CERT "Train-the-Trainer" course in Denver, CO in January of 2003 and upon returning to Wahpeton, helped establish the Richland/Wahpeton CERT program.

**Brett Lambrecht, CCC Member
Richland County Emergency Manager**

There are seven elements to my job: plan, prepare, prevention, protection, response, recovery and mitigation. I became the Richland County Emergency Manager in January 2006. In Richland County there has been a flood each year since I started, except 2008.

As Emergency Manager, I am responsible for the 14 cities and 36 townships in Richland County, an area covering 48 by 36 miles, roughly 2,000 square miles. For one person that can be a pretty big area to cover. I take it to heart when someone loses their home due to a fire or a flood. My job is to provide the best resource for a person to recover from whatever damages their home, if it's man-made or natural-made.

I am also a member of the Wahpeton Fire Department, as was my father. In my spare time I enjoy hunting and fishing, basketball, high school and collage football, biking and going to the lakes. I also enjoy doing projects on my house.

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 Lynda Alfson if you are interested.
- ⇒ First Aid Training will be offered in August/September to all CERT Members.
- ⇒ CPR Training will be offered again this fall. Please contact Penny Seifert if you are interested.

CERT Training 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 teach acquaintances. If they are interested in more information, ask them to Lynda Alfson at 701-642-1263 or 701-640-4801.



CodeRED

We have updated the CERT category of the CodeRED emergency warning system with phone numbers provided to Lynda Alfson, CERT Coordinator and Penny Seifert, CERT Team Leader. If you are not currently part of our CodeRED list and would like to be added or need to change/updated your information, please call Penny at 642-2392. This information will only be used for the CodeRED

system to notify CERT members when their assistance is needed in emergency situations.

***Please Note: A test of the CERT CodeRED list was done on August 2. If you did not receive a call or text message, and you had elected to be part of the CERT list, please contact Penny at 642-2392 or pennyann@wah.midco.net.**

