



## this issue

Halloween Safety Tips	P.1
National CERT Newsletter	P.2
Meet Your Leaders	P.2
The ND Citizen Corps Connection	P.3
Richland County CERT	P.4
Winter Driving Tips	P.5
Upcoming Training Events	P.5
CERT Training	P.5
CodeRED	P.5

## 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!

Your CERT Team Leaders:

Heather Goroski, Editor

hzilmer@wah.midco.net

701-640-5925

Rev. Joe Roets

bbcw.jroets@midconetwork.com

701-640-3803

Penny Seifert

pennyann@wah.midco.net

701-642-2392



## Halloween Safety Tips

### Tips for Trick-or-Treaters

- 1) Costumes should be made of flame retardant material and should be large enough to fit over cold-weather clothing without being so long that they drag on the ground. Costumes should have reflective qualities, either the material itself should be reflective or you can add reflective tape. Inexpensive flashing decorative lights can also be added to costumes to aid in making trick-or-treaters more visible.
- 2) Wear good fitting shoes even if they do not go with your costume. If the weather requires it, wear snow boots. Good fitting foot wear helps to avoid tripping and injury.
- 3) Avoid large, poorly fitting masks that may cause difficulty in seeing. As an alternative to masks, consider using non-toxic make-up or decorative hats
- 4) Each trick-or-treater, or one person from each group, should carry a flashlight with new batteries in it.
- 5) Costume accessories such as knives, swords, etc. should be constructed of flexible material and should not have sharp points or edges.
- 6) An adult or responsible older child should always accompany young children.
- 7) Stay in familiar neighborhoods and approach only those houses that have a porch light on. Stay away from and don't pet animals that you don't know. Pets are often excited by all of the coming and going of little ghosts and goblins and may not always react predictably.
- 8) Walk, don't run. Stay on sidewalks whenever possible and avoid cutting across yards and driveways. Groups should stick together, going only as fast as the slowest person.
- 9) Obey traffic signals. If there aren't any sidewalks in the area, stay on the left side of the roadway so that you are facing oncoming traffic. Check for traffic before crossing roadways and then cross as a group.
- 10) Don't eat any treats until an adult has inspected them. Discard any treats with torn packaging and homemade treats should only be consumed if they come from a known source.

# 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.](#)



## Tips for Parents

- 1) Have your child eat dinner before setting out. They will be less likely to eat un-inspected treats or over-indulge on candy.
- 2) If your children are old enough and do go trick-or-treating on their own, have them follow a pre-planned route and set a time for them to be back home and have your child wear or carry a watch so that they can keep track.
- 3) Make sure that your children know how and where to contact you. Have them carry some quarters so that they can call from a phone booth if necessary.
- 4) Remind your children that treats need to be inspected before they can be eaten. Discard any treats with suspect packaging or any homemade treats that aren't from a known source. If you find any treat that appears to have been tampered with, contact local law enforcement.



## Tips for Homeowners

- 1) Turn on outdoor and front porch lights to welcome trick-or-treaters and improve visibility.
- 2) Make sure your yard and entryway are clear of obstacles such as ladders, hoses, dog leashes, flower pots, etc. which may trip trick-or-treaters.
- 3) Avoid using candles as part of your decorations. If you do use candles, votive candles are the safest to use. Remember to place all decorations using candles well away from where trick-or-treaters will be walking or standing and make sure that paper or cloth decorations can't accidentally contact ignition sources. There are approximately 10,000 home fires every year due to decorations for special events and most of these involve candles.
- 4) Pets may become frightened or upset by trick-or-treaters and react in an uncharacteristic manner. Take the necessary precautions to keep both trick-or-treaters and your pets safe.
- 5) Consider giving out healthy food alternative treats instead of candy or non-food treats such as plastic rings, pencils, erasers, etc.

## Meet Your Leaders

**Steve (Ziggy) Helgeson, CCC Member  
NDSCS Police Officer**

I am beginning my thirteenth year as a police officer at NDSCS, and represent the campus on the Citizen Corps Council (CCC). As a CCC member, I will be working with CERT volunteers during any emergencies on campus. I also assist with other CERT activities like traffic control.

My wife, Penny, and I purchased Emery Greenhouse from her parents in 1981 and have operated it for thirty years. Penny runs the greenhouse, and I take care of maintenance. We have four adult children – one daughter and

three sons, a four-month-old grandson, and another grandchild on the way.

When we get the opportunity my wife and I enjoy motorcycle touring, putting on as many as 2,000 to 3,000 miles. We also own a two-seater 1988 Cadillac roadster that we like to tour in.

I enjoy camping, fishing, hunting, and trap shooting. I am active in my church, United Church of Christ, and the Wahpeton Lions Club where I currently serve as President. I like working in the Lions Club donut trailer and raising funds for civic projects.

**Ann McGray, CCC Member  
HR Supervisor, NDSCS**

I am a member of the Richland/Wahpeton Community Corps Council (CCC) and the NDSCS CERT Coordinator. I have been employed at NDSCS for 12 years and I am the HR Supervisor and have responsibility for Safety, Risk Management, Wellness and Payroll.

Currently developing and implementing a Community College CERT training program to be shared with employees and students at NDSCS.

I have been married for 24 years to Bob and have a 22 year old daughter Megan who is attending NDSCS. My hobbies are spending time at the lake, NASCAR, hockey, golf and most all sporting events.

**Linda K Nelson  
RSVP+ Southern Valley Director**  
Masters of Education in Counseling, NDSU, 1994.  
Bachelor of Social Work, MSU, 1990.

After graduating from Moorhead State University (as an older than average student – graduating two years after my son with the same 2 majors: Social Work & Criminal Justice), I was hired as the Director of RSVP (known then as the Retired & Senior Volunteer Program). It has now been over twenty years since I started in that/this position. There have been many changes in RSVP over the years.

RSVP Cass-Clay (Fargo-Moorhead) started in 1973 and was sponsored by the Village Family Service Center. NDSU- Distance & Continuing took over sponsorship in 2003. With our new sponsor, we were able to expand RSVP into additional counties and made a name change. Our name changed to RSVP+ Southern Valley and we moved from serving 2 counties to serving

9 counties: Richland, Ransom, Sargent, Barnes, Griggs, Steele, Traill, Cass, & MN-Clay. Our Mission is "RSVP+ Southern Valley invites individuals of all ages to enhance personal growth, develop leadership skills, and meet critical community needs through meaningful volunteer service opportunities." We place volunteers of all ages with non-profits and public agencies in their communities to provide service. There are 17 organizations/businesses (STATIONS) that are located in Richland County that are registered with RSVP+ including the City of Wahpeton that oversees that Citizens Corp Council & CERT. So.... If you are a CERT volunteer, you already qualify as an RSVP+ volunteer without doing anymore volunteer work that what you do for CERT. All you need to do is register with us.

I attended my first Citizen Corp Council meeting on November 3, 2004 and continue to attend their monthly meetings. I have found the members to be dedicated to maintaining Richland County as a safe place to live.

On the personal side, my husband Len & I enjoy our 5 children, 5 grandchildren, AND our 2 (8 year old) rescue dogs: Charlie & Ginger. I love spending time at the lake, reading, knitting, sewing, bird watching & rock collecting (Len's the expert), visiting lighthouses, and playing games on Facebook with family and friends from across the world.

# The ND Citizen Corps Connection

Interested in finding out what is going on with ND Citizen Corps? Check out their [monthly newsletters!](#)



# Richland County Community Emergency Response Team (CERT)

In 95 percent of all emergencies, the victim or bystander provides the first immediate assistance on the scene. CERT training takes about 20 hours to complete and provides critical skills in emergency preparedness and response. As a trained CERT volunteer, you have taken an important step in knowing what to do.

## It starts with you.

CERT is an integral part of Citizen Corps, the grass-roots movement that actively involves everyone in making our communities and our nation safer, stronger, and better prepared. All over America, communities have organized Citizen Corps Councils to inspire people to take action and get involved. To learn more about CERT and other Citizen Corps programs in your area, visit [www.citizencorps.gov](http://www.citizencorps.gov).

No matter where you live, no matter who you are, we all have a role in hometown preparedness. What role will you play?

## What is CERT?

Cert is a training program that prepares you to help yourself, your family, and your neighbors in the event of a disaster. During an incident, emergency service personnel may not be able to reach everyone right away. By getting training in CERT, you will have the skills to help emergency responders save lives and protect property.

As a member of a CERT team, you can respond to disasters, participate in drills and exercises, and take additional training. CERT teams are known and trusted resources to emergency responders and their communities.

## What do CERT teams do in an emergency?

Under the direction of local emergency responders, CERT teams help provide critical support by giving immediate assistance to victims, providing damage assessment information, and organizing other volunteers at a disaster site. Volunteers trained in CERT also offer a potential workforce for performing duties such as shelter support, crowd control, and evacuation. The role of a CERT volunteer is to help others until trained emergency personnel arrive.

## How does CERT help the community?

In addition to supporting emergency responders during a disaster, the CERT program builds strong working relationships between emergency responders and the people they serve. CERT teams also help the community year-round by helping with community emergency plans, neighborhood exercises, preparedness outreach, fire safety education, and workplace safety.

## What are the benefits of CERT training?

CERT training takes about 20 hours to complete and provides critical skills in emergency preparedness and response.

Participants learn how to:

- Identify and anticipate hazards
- Reduce fire hazards in the home and workplace
- Extinguish small fires
- Assist emergency responders
- Conduct light search and rescue
- Set up medical treatment areas
- Apply basic medical techniques
- Help reduce survivor stress

## Who should take CERT training?

- People interested in taking an active role in hometown preparedness
- Neighborhood Watch groups
- Community leaders
- Parents
- Communities of faith
- Scouting and youth organizations
- Students, teachers, and administrators
- Members of clubs and civic organizations

## How can you become a CERT volunteer?

New CERT training is offered on a regular basis. If you know of someone who is interested in taking the training, contact CERT Coordinator, Lynda Alfson, at 701-642-1263 or [l.alfson@yahoo.com](mailto:l.alfson@yahoo.com).

## Winter Driving Tips

With winter weather once again upon us, the Wahpeton Police Department would like to provide some tips to help us all have a safe winter-driving season.

1) Equip your vehicle with a snow brush/ice scraper and make sure that your windshield and front side-windows are unobstructed and fog-free before starting to drive. Driving with an obstructed windshield is both dangerous and illegal.

2) When planning trips in winter driving conditions, allow extra time for reaching your destination. Slowing down or stopping during poor conditions can mean the difference between getting there or not, or living and dying.

3) Make sure that your vehicle is in good mechanical condition before winter arrives, paying particular attention to the condition of your tires, exhaust system, and the starting and charging systems. Keep the fuel tank above the half-full point to avoid frozen fuel lines and provide an emergency reserve.

4) When planning a trip, let someone know where you are going, your route of travel, and when you expect to be back.

5) Equip your vehicle with a winter survival kit and have weather-appropriate clothing along for everyone in the vehicle. A cellular phone is handy in an emergency, but if you haven't taken the steps necessary to staying warm and dry, having one just means that someone gets to talk with you as you freeze to death.

6) If no travel is advised, stay where you are. The in-laws may be driving you crazy, but at least you are warm and safe.

*-Chief Scott Thorsteinson*



## Upcoming Training Events

o 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.

o First Aid Training will be offered in NOVEMBER 2011 to all CERT Members—Watch Your Email for Details

o CPR Training will be offered again after the first of the year. 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](mailto:pennyann@wah.midco.net).

