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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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## Spring Into Flood Season 2012!

Spring is not in the air but it is definitely in the future. With the coming of spring also comes the flood season (the Red River Valley's "fifth" season). Successfully navigating the flood season is based in preparation. CERT Team Members play an important role during the annual flood season. In what ways do CERT Team Members assist other agencies during emergencies? Listed below are ways in which you as a CERT Team Member can participate during the flood season and in other emergency situations.

1. **SANDBAGGING** – I started with this since it is probably the one activity that is most associated with the flood season. Sandbagging involves more than just filling a sandbag. There is a need for supervisors who know the proper way to fill, carry, and stack a sandbag. Supervisors also closely observe those working for signs of fatigue, physical distress, etc. As a CERT Team Member you have received basic training in these

areas and are qualified to assist in the process of sandbagging during the pre-flood and flood stages. However sandbagging is only one way in which CERT Team Members can assist during the flood season.

2. **EMERGENCY SHELTERS** – Assisting in setting up and monitoring emergency shelters is another way in which CERT Team Members can assist during an emergency.
3. **EMERGENCY EVACUATIONS** - CERT Team Members will not be asked to place themselves in a dangerous situation, but they may be asked to assist in getting evacuees into an emergency shelter.
4. **ROADBLOCKS** - CERT Team Members could be called upon to maintain a roadblock.
5. **TRAFFIC CONTROL** – This is a self-explanatory need in which CERT Team Members can participate.

# National CERT Newsletter

## Vol. 4 - Issue 1

This exciting issue of the CERT National Newsletter features *Giving CERT A Spanish Flavor*, about CERT training to Spanish-speaking communities in Arizona, California, and Texas. The CERT response to tornadoes in Gloucester County, VA, Walker County, AL, and Joplin, MO shows how CERT members assisted communities who suffered devastating damage. And a story on CERT members running the medical tent at a bike race provides a good example of CERT assisting with non-disaster public safety efforts. These articles and more showcase CERT members making an impact in their communities and providing help whenever and wherever needed. [Click here to read the newsletter.](#)



6. DIKE PATROL – CERT Team Members can get exercise walking while helping to patrol the dike during the flood season.
7. DOOR-TO-DOOR WARNING - CERT Team Members could be called upon to help give door-to-door warnings in cases where communications have broken down.
8. ANSWERING EMERGENCY PHONES - CERT Team Members have been ask to participate in answering emergency phone lines during the flood season.

It would be very helpful if we could have a list of those who would like to be called for help during the flood season in the event of an emergency. Please contact CERT Team Leader Penny Seifert by phone at 701-642-2392 or email at [pennyann@wah.midco.net](mailto:pennyann@wah.midco.net). Let Penny know what areas you would be willing to be available to help during an emergency. (CERT Team Members are not asked to place themselves into life threatening situations.)

- Your Team Leader, Rev. Joe Roets

*NDSU Extension has a number of flood-related instructional videos on YouTube. Here are a few to get you started:*

- Sandbag Safety Tips: <http://www.youtube.com/watch?v=Aj4B8t38-Q>
- How to Build a Sandbag Dike: <http://www.youtube.com/watch?v=-5XxJbVimQ8>
- Planning Ahead: Sump Pump Tips: <http://www.youtube.com/watch?v=8P9b72wW8OQ>
- Planning Ahead: Portable Generator Safety: <http://www.youtube.com/watch?v=LPEQvPbuE3o>
- Planning Ahead: Plugging Household Drains: <http://www.youtube.com/watch?v=0J7S92c-yMg>

## Meet Your Leaders



**Darcie Huwe, CCC Member  
City of Wahpeton Finance  
Director/Auditor**

I am a member of the Richland/Wahpeton Community Corps Council (CCC). I was hired by the City of Wahpeton as Finance Officer March 3, 2003 and became Finance Director Jan. 1, 2006.

The challenges of working in government bring great rewards. I am anxious to participate in CERT training and to contribute to an integral aspect of community engagement such as helping people during emergency situations. I am originally from Iowa City, IA and graduated from Bemidji State University with a B.S. in Finance in 1990. My husband Keith and I have been married for 21 years; his job as a ND State Trooper has taken us from St. Paul, MN to Hazen, ND and Wahpeton since 1995. We have two sons ages 17 and 14.

I enjoy kayaking the Red River, playing golf, canasta and fishing with my family in my spare time.



**Dan Metzger, CCC Member  
Richland County Deputy  
Sheriff**

I grew up on a dairy farm about five miles off the Canadian border near Langdon, ND where I was active in the ambulance and rescue squad. In the fall of 1990 I went to Devils Lake for the Peace Officers training program.

In 1991 I came to Richland County and started as a contract deputy in Lidgerwood. I have been a Richland County Deputy Sheriff for 20 years. In 1993 I moved to Wyndmere, where I presently reside with my wife, Laurie, and our two daughters. My wife did in-house daycare for over ten years before working for a short time in

a daycare in Wahpeton. She presently works at the Wyndmere School as a PARA.

We all enjoy outdoor activities such as camping and relaxing by the campfire, gardening, and going to our daughter's activities.



**Jim Hartman, CCC Member  
Wahpeton Police Department,  
Retired**

I was a policeman from 1972 until I retired in 2010 as a sergeant.

The last thirty years were with the Wahpeton Police Department. I live with my wife, JoAnne, who works for Red River Human Services, and my female chocolate lab puppy, Lexi.

I work part-time, about ten hours a week, with Red River Human Services. As a member of the Wahpeton City Council, I also serve on the Public Works and Public Safety Committee.

In my spare time I enjoy hunting, fishing, and napping. I especially enjoy hunting pheasants. Now that I'm retired, my wife and I also enjoy taking occasional trips, this year to Denver.

I am one of the founding members of the CCC, and, as you will remember from your CERT

## First Aid Training

Mike Goroski, Paramedic with Ambulance Service Inc., taught twelve volunteers basic first aid skills at a special CERT training session on November 21. This basic first aid course covered wounds, wound care, bandaging, splinting, and medical emergencies like stroke, heart attack, poisoning, diabetes, frost bite, hypothermia, and hyperthermia.

Those completing the course received a first aid certification. The cost of the course and certification was paid by the CERT program.

We hope to offer this course again in the future for those of you who were unable to attend at this

training, I teach the light search and rescue module.

**Jim Aldrich, CCC Member  
Owner, Dakota Safety Services**



I am one of the original members of the CCC and teach the CERT Fire Safety module.

I was an instructor in the Social Science Department at NDSCS for 23 years, retiring in 1988. Before that I owned my own business, J Aldrich Office Equipment Company.

I was a member of the Wahpeton Fire Department for 23 years, serving as chief for three years, assistant chief for two years, and training officer for ten years. Currently I am a trustee for the North Dakota Firefighters Association. This agency is in charge of fire training in North Dakota. I have taught many courses dealing with incident command, fire suppressions, firefighter safety and survival, recognizing and identify hazardous materials, and handling propane incidents and anhydrous ammonia. I also teach courses on hazardous materials for the North Dakota Fire Marshall's Office.

time. You may also join the training for new CERT volunteers at any time. As soon as a new class is scheduled, we will publish the schedule and topics being taught.



Mike demonstrating how to properly place a sling.

# The ND Citizen Corps Connection

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

Included in this issue:

- North Dakota hosts nation's first snowmobile CERT Class
- CERT Training Comes in Handy
- Winter Survival Kit
- North Dakota's new CERT informational video available
- ND Citizen Corps has gone social
- Smartphone apps can help with preparedness
- We Couldn't Succeed Without YOU!



## 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*



## 9-1-1



You've just called 911 because you have an emergency and need help now. Your 911-phone call has generated a printout with your name and address on it and the 911 Operator has dispatched the necessary emergency services personnel. The system is working as intended and help should be there momentarily. Or at least it would be if you had done your part to make sure we can find you!

All too frequently emergency service personnel lose precious time trying to find an address that doesn't have a house number on it or on which the number is not readily visible.

Wahpeton ordinance requires that buildings abutting streets and avenues be numbered and that the building numbers be at least 3 inches in height and

conspicuously displayed over the front entrance to the building. City ordinance also provides for the building inspector to place numbers on non-compliant buildings, at the owner's expense.

The Wahpeton Police Department recommends that house numbers be displayed using standard numerals, which are as large as possible and in a color that contrasts with its background; avoid script as it can be difficult to read at times. The numbers should be placed above the entrance to the building or in a location that is plainly visible from the street. Turning on an outdoor porch light, especially one that illuminates the house numbers is also very helpful in guiding emergency personnel to you.

Please make sure that your house number is prominently displayed, because sometimes seconds really do matter.

# 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

## 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).

## INCENTIVE PRIZES!!!

As CERT volunteers, you realize how valuable your training is to the community and in your personal lives. With that in mind, we are hoping you will encourage friends, family, coworkers and neighbors to sign up for CERT classes. We are offering you an incentive gift for each person you "recruit" who completes the CERT class! Simply ask your friends to let me know that you had suggested the class to them. As always, they can get more info on upcoming classes by contacting me at 642-1263 or 640-4801.

Happy New Year!

Lynda Alfson, CERT Training Coordinator



## ATTENTION VOLUNTEERS!!

- **MARK YOUR CALENDARS:** Please join us on Tuesday, March 6, from 7:00-8:30 p.m. for a CERT social. This will be a time to meet your fellow CERT volunteers and leaders. Linda Nelson will give a short presentation on RSVP+ Southern Valley and what they can do for you. Refreshments will be served. We will send out more details later.
- Beginning in our next issue of the newsletter, we would like to start featuring you! Email us a short bio (and photo if you can) - tell us a little about you, what you do for a living or what you enjoy in your free time. Have you used any skills you learned during your CERT Training?? This is a great way for us all to get to learn each other better as we look forward to working together to serve our community!

## 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 teacher acquaintances. If they are interested in more information, ask them to call Lynda Alfson at 701-642-1263 or 701-640-4801.

## 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.
- ◇ CPR and First Aid Training Please contact Penny Seifert if you are interested.

## CodeRED

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

