



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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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



CCC Membership Changes



It is with mixed emotions that the Community Corps Council announces that long-time council member and CERT Trainer James Hartman resigned his position on the Community Corps Council, effective July 2012, as he and his wife Joanne have moved

away from our community. In addition to his involvement with CERT, Jim was a Police Officer and Sergeant with the Wahpeton Police Department for 30 years and also served as a member of the Wahpeton City Council for several years after retiring from the police department. The Community Corps Council would like to extend a sincere thank you to Jim for his service to our community and wish him and Joey a long and happy retirement.



The opening on the Community Corps Council created by Jim's resignation was quickly and ably filled by the appointment of Pastor Joe Roets, who has been a long-time CERT member and is a current Team Leader. In addition to his volunteering in

CERT, Joe has also served as the volunteer Chaplain for the Wahpeton Police Department and Richland County Sheriff's Office for a number of years now. The Community Corps Council would like to give Joe a big "attaboy" for the strong spirit of community and volunteerism that he consistently displays. Keep up the good work Joe!

- Chief Scott Thorsteinson

Volunteer Spotlight: Rebecca Roets



Hello! My name is Rebecca Roets. I am a licensed practical nurse and active CERT member. Currently I work as a charge nurse at The Leach Home and am a lab assistant with the NDSCS Nursing department. When I need a less stressful occupation I pick up a

few hours at Taco Johns as a shift manager. I also make time in my schedule to volunteer at two elderly residence facilities as well as being heavily involved in the ministries of my church.

I originally became interested in CERT because as a nurse I am legally a first responder. However, all of my training centered around having a fully stocked hospital at my fingertips during an emergency. For me, CERT was a way to supplement that training with practical knowledge

about emergencies such as floods, tornadoes, car accidents, fires, and snow storms. All of which happen regularly here in North Dakota.

Fortunately I have never needed my training for something that drastic. This does not mean that the training was not helpful. As a nurse I deal daily with both large and small emergencies related to the care my patients need. Above everything else, CERT helped me learn to think when I want to panic, which is useful no matter what your occupation.

While there was no pressure to become an active member after I took the training; I have truly enjoyed the opportunity to be available to my community. To me, being an active member is about being available when my community needs me most.

New CERT Training Session Offered Soon!

CERT Volunteers,

As you know from your own training, Community Emergency Response Team training teaches participants how to prepare for and respond to a disaster. But it also teaches skills that are valuable in our daily lives: how to prepare for and respond to any emergency, fire safety, and first aid.

A new CERT course has been scheduled to begin on Monday, February 4, and will run for five weeks. Classes begin at 6:00 p.m. with a light supper and run until 9:00 or 9:30 p.m. each Monday. The course schedule is:

- February 4: Disaster Preparedness and Fire Safety
- February 11: Disaster Medical Operations
- February 18: Light Search and Rescue and CERT Organization
- February 25: Disaster Psychology and Terrorism and CERT
- March 4: Course Review and Disaster Simulation

Participants must attend all sessions in order to receive certification, but there are some opportunities to make up missed sessions. At the end of the course, participants are eligible to become members of our CERT team if they

choose. Members of our local CERT team receive a quarterly newsletter and opportunities for additional training, including First Aid and CPR. (Watch for information on CPR training coming up.)

This course is free and open to anyone age 18 or over. All participants receive training material, and those participating in the Disaster Simulation receive an emergency backpack which includes a hard hat, CERT vest, first aid kit, and other items that are useful in an emergency.

Will you please pass this information along to anyone you think may be interested in taking the CERT training? You may also attend any of the sessions to refresh your skills. Just email or call me so I can be prepared. If you have any questions please contact me as listed below.

Thank you for your help,
Penny Seifert, CERT Area Coordinator
pennyann@wah.midco.net
701-642-2392

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? (We featured Rachel Roets and how her first aid training came in handy in our April 2012

issue.) 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 hzilmer@wah.midco.net 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

Are you ready?

Do you and your neighbors know what to do...

- ★ **In the event of a natural disaster?**
- ★ **If a man-made disaster strikes?**
- ★ **If confronted by crime or an act of terrorism?**



Training helps you be prepared

The Community Emergency Response Team (CERT) program educates people about disaster preparedness and trains them in basic disaster response skills. Using their training, CERT members can assist others in their neighborhood or workplace following a disaster and can take a more active role in preparing their community.



The next class begins February 4

For more information contact Penny Seifert at 701-642-2392 or the Wahpeton Law Enforcement Center at 702-642-7777

Call today!

Update Your CERT Training

Would you like to update your CERT training? You are invited to join the latest CERT class for the entire training, or for single units. Just let me know when you are planning to attend so I have enough materials on hand.

Classes are held at Wahpeton City Hall beginning at 6:00 p.m. with a light supper, and run until 9:00 or 9:30 p.m. each Monday. The course schedule is:

February 4: Disaster Preparedness and Fire Safety

February 11: Disaster Medical Operations

February 18: Light Search and Rescue and CERT Organization

February 25: Disaster Psychology and Terrorism and CERT

March 4: Course Review and Disaster Simulation

Penny Seifert, CERT Coordinator

pennyann@wah.midco.net

701-642-2392

Remember..

The main signs of shock include:

- Rapid and shallow breathing
- Capillary refill (blanch test) takes longer than two seconds
- Failure to follow simple commands, such as "Squeeze my hand."
- Change in skin color

Your Emergency Kit

Collect all your gear in a waterproof plastic tub and stow it in an easy-to-access spot in your house.

Include the following items:

- First-aid kit.
- Three days' worth of bottled water and nonperishable food.
- List of important phone numbers.
- Duct tape – Use it for on-the-fly repairs and temporary fixes.
- Blanket – Mylar is warm and lightweight, and folds up small.
- Multitool – Get one with a pair of pliers and a can opener.
- Radio/phone charger – A hand crank will allow you to juice up the battery.
- Work gloves – Leather grips protect your mitts during post-storm cleanup.
- Nylon rope – Use it to secure heavy outdoor furniture or tie down a flapping door.
- Lantern – A battery-operated model is safer than candles.
- Fishing line – Use it wherever rope is too thick to get the job done.
- Vinyl tablecloth – Lay it down to create a clean zone in any place.
- Baby wipes – They'll remove grime from your hands and practically any surface.



Avoid ID Theft

Identity theft is a serious crime. It occurs when your personal information is stolen and used without your knowledge to commit fraud or other crimes. Identity theft can cost you time and money. It can destroy your credit and ruin your good name.

Deter identity thieves by safeguarding your information.

- **Shred** financial documents and paperwork with personal information before you discard them.
- **Protect** your Social Security number. Don't carry your Social Security card in your wallet or write your number on a check. Give it out only if absolutely necessary or ask to use another identifier.
- **Don't give out** personal information on the phone, through the mail, or over the Internet unless you know who you are dealing with.
- **Never click** on links sent in unsolicited emails; instead, type in a web address you know. Use firewalls, anti-spyware, and anti-virus software to protect your home computer; keep them up-to-date. Visit www.OnGuardOnline.gov for more information.
- **Don't use** an obvious password like your birth date, your mother's maiden name, or the last four digits of your Social Security number.
- **Keep** your personal information in a secure place at home, especially if you have roommates, employ outside help, or are having work done in your house.

Detect suspicious activity by routinely monitoring your financial accounts and billing statements.

Be alert to signs that require immediate attention:

- Bills that do not arrive as expected
- Unexpected credit cards or account statements
- Denial of credit for no apparent reason
- Calls or letters about purchases you did not make



Inspect:

- **Your credit report.** Credit reports contain information about you, including what accounts you have and your bill paying history. The law requires the major nationwide consumer reporting companies—Equifax, Experian, and TransUnion—to give you a free copy of your credit report each year if you ask for it. Visit www.AnnualCreditReport.com or call 1-877-322-8228, a service created by these three companies, to order your free credit reports each year. You also can write: Annual Credit Report Request Service, PO Box 105281, Atlanta, GA 30348-5281.
- **Your financial statements.** Review financial accounts and billing statements regularly, looking for charges you did not make.

Defend against ID theft as soon as you suspect it.

Place a “**Fraud Alert**” on your credit reports, and review the reports carefully. The alert tells creditors to follow certain procedures before they open new accounts in your name or make changes to your existing

accounts. The three nationwide consumer reporting companies have toll-free numbers for placing an initial 90-day fraud alert; a call to one company is sufficient:

Equifax: 1-800-525-6285

Experian: 1-888-EXPERIAN (397-3742)

TransUnion: 1-800-680-7289

Placing a fraud alert entitles you to free copies of your credit reports. Look for inquiries from companies you haven't contacted, accounts you didn't open, and debts on your accounts that you can't explain.

Close any accounts that have been tampered with or established fraudulently.

Call the security or fraud departments of each company where an account was opened or changed without your okay. Follow up in writing, with copies of supporting documents.

Use ID Theft Affidavit at www.ftc.gov/idtheft to support your written statement.

Ask for verification that the disputed account has been closed and the fraudulent debts discharged.

Keep copies of documents and records of your conversations about the theft.

File a police report to help you with creditors who may want proof of the crime.

Report the theft to the Federal Trade Commission. Your report helps law enforcement officials across the country in their investigations.

Online: www.ftc.gov/idtheft

By phone: 1-877-ID-THEFT (438-4338) or TTY, 1-866-653-4261

By mail Identity Theft Clearinghouse, Federal Trade Commission, Washington, DC 20580

COMMON WAYS ID THEFT HAPPENS:

Skilled identity thieves use a variety of methods to steal your personal information, including:

- **Dumpster Diving.** They rummage through trash looking for bills or other paper with your personal information on it.
- **Skimming.** They steal credit/debit card numbers by using a special storage device when processing your card.
- **Phishing.** They pretend to be financial institutions or companies and send spam or pop-up messages to get you to reveal your personal information.
- **Changing Your Address.** They divert your billing statements to another location by completing a "change of address" form.
- **"Old-Fashioned" Stealing.** They steal wallets and purses; mail, including bank and credit card statements; pre-approved credit offers; and new checks or tax information. They steal personnel records from their employers, or bribe employees who have access.

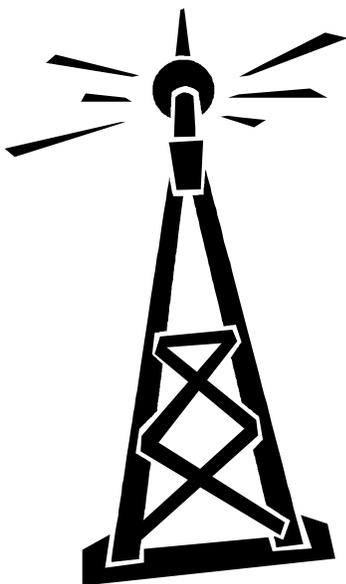
This information is from the Federal Trade Commission www.ftc.gov/idtheft

CERT and Ham Radio Operators

In a regional emergency there is a very good chance that our communications systems will fail. Experience in other disasters and emergencies tells us that the cell phone system will fail, land line phones will work sporadically at best, and the Internet will generally be inaccessible. Licensed amateur ham radio operators have been of valuable assistance during emergencies and to CERT organizations in other areas.

A group will begin studying for the ham radio certification test on Sunday evenings at Ambulance Service Inc., 120 Minnesota Avenue, Breckenridge, MN. The cost will be \$30.00 for the text and \$15.00 for the certification test. You do not need to possess ham radio equipment to begin. Equipment will be covered during the study sessions.

You do not need to be a CERT volunteer to join these sessions as they are open to anyone. For more information on becoming a ham radio operator, contact Russ Fenlason at russ@asirichlandwilkin.com or 601-640-5891.



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.