



# NEWSLETTER

Issue 9

Summer 2011

## Sudbury Community Emergency Response Team (CERT)

Carole Flynn, Editor

77 Hudson Road, Sudbury, MA 01776  
978-443-2239

Website: [www.cert.sudbury.ma.us](http://www.cert.sudbury.ma.us)  
Email: [cert@sudbury.ma.us](mailto:cert@sudbury.ma.us)

### OUTREACH:

The Sudbury CERT assisted the Fire Department (Mike Hamill) at the July 4 Parade by distributing bottled water to parade participants. Our canopy and banner were erected by the Our Lady of Fatima church parking lot, where the CERT trailer was also on display. Members taking part included Marie Royea, Lucille Dixon, Fred Schulz, Carol Williams, Carole Flynn, and Steve Weinstein—plus help from Dan and Mike Rosen and Julianne Braden at the parade end point.



### CERT CHAIRMANSHIP:

Marie Royea has agreed to Co-chair the Sudbury CERT and has generated a lot enthusiasm. The other Co-chair position is open. Please contact Marie if interested. Also let Marie know if you would like to help on the Steering Committee. ☺

### FIRE CHIEFS

We welcome William (Bill) Miles (right, below), as our new Sudbury Fire Chief, and John Whelan, Assistant Fire Chief. Ken MacLean (left, below) retired early this year, and we wish him well in his next endeavors.



### THE FIRST WEDNESDAY WINS!

It can be challenging to fit in all the activities we find important into our personal schedule, especially if those meetings are sporadic. Mark your calendars and reserve the first Wednesday evening each month for CERT meetings at the Senior Center, beginning at 7:00 PM. Members attending our June meeting indicated the first Wednesday of each month as a convenient, predictable time to set aside for CERT meetings. The media room at the Fairbanks Senior Center has been reserved, and **our next meeting will be Wednesday, September 7**, when we will be embracing the Incident Command System (ICS 100) in a whole new (and memorable) way.

Suggestions for meeting topics are always welcome; please contact [marie.royea@gmail.com](mailto:marie.royea@gmail.com) with comments/ideas. 🌸

### **TRAINING:**

On June 29, several CERT members were very fortunate to partake in the revised American Heart Association CPR training, with AED & Heimlich Maneuver, taught by Lily Gordon. A huge “thank-you” to Lily for volunteering her time again, and another “thank-you” to Sudbury MRC for defraying the cost of the course, which ended up being only \$15 per person. Each student received a CPR/First Aid manual as well as a keychain packet containing gloves & barrier. The training is good for two years. 🌸

### **CROSSROADS TABLETOP EXERCISE – Nov. 2010**

Carol Williams attended this exercise at LSRH and took the following notes:

CROSSROADS REPC TTX 2009: On Nov. 17, the Crossroads REPC TTX 2009 was held at LSHS. This event went from 9:00AM to 1:30PM, including Welcome/Introductions, Check-in, and use of a Situation Manual which presented Overview, Exercise objectives, structure, guidelines, background information, and two scenarios to be played one after another.

Six participating towns were Concord, Acton, Sudbury, Wayland, Weston, and Lincoln, by groups each including some of their actual police and fire department personnel and others, responded—tabletop, to each scenario. The exercise concerned bad weather conditions which got worse much more rapidly than expected, with an added vehicle collision of enormous catastrophe.

Still by groups the final portion involved follow-through after the disaster, but individual responses went round the room turning into one orderly and conglomerate response. Critique forms were submitted by the participants after a discussion of what had or had NOT gone well. During this last discussion the different towns shared and compared information about resources and organization and mentioned concerns and questions they still had/might have

The exercise was officiated by Paul Gebert, PPS, and presented by Joseph Domelowicz, NERAC, and Chief MacLean, Crossroads REPC/Emergency Management Director, Sudbury.

In attendance from Sudbury CERT were: Dr. John Stevens, Team Leader Richard Simon, and Carol Williams. 🌸

### **MARLBOROUGH LEPC MEETING:**

Carol Williams attended this regularly scheduled meeting in Marlborough and took excellent notes, a summary of which was shared with attendees at our June 22 CERT meeting. We are hoping to interact more frequently with adjacent communities in preparedness exercises. 🌸

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### **RADIOS – LIFELINE IN AN EMERGENCY:** *(Courtesy of Mark Stern)*

Although I’ve been around the block a few times (more than I’d care to admit), it wasn’t until a couple of years ago that I heard people start using the word “hypotheticals” to mean situations that could happen.

So, here’s the ultimate hypothetical for the CERT team: What do we do if we’re activated? How do we communicate? What do we need to do, and what should we keep? Indeed, what’s the emergency? Are we sheltering in place? Directing people to the shelter? What’s the threat?

As a Ham Radio operator for more than 30 years, I’d urge each one of you to get your basic operator’s license. In that way, you’d have access to all of the radios and modes that I have access to now. I am an Extra Class operator, so I can operate everything right up to a space radio station (once worked the Shuttle with Owen Garriott that flew by in 1985 or so).

That aside, here’s what my 30 years of experience with emergency communications has taught me. First, there’s no such thing as “you can’t do this!!” It is clearly stated in federal statutes that if there is a threat to life and property then all the gloves are off and you communicate anyway you can with authorities. (If it’s windy, smoke signals aren’t a

good idea, but a tin can and string can be pretty darn effective across a yard).

In truth, what I would recommend is a relatively new radio service that made its appearance in the last decade. It's called the FRS or Family Radio Service. It is a non-licensed FM-based (don't let your eyes glaze over, it's just a way of talking over a two-way) radio service that lets you communicate

on special channels that are in between 460 MHz licensed radio systems channels. In fact, some of the channels are shared.

You can purchase a pair of these radios for very little – you might even find them at a yard sale because the family believes they have outgrown them – and you have a way to talk, depending on the power output, within a couple of miles of your house. These radios have access, I believe, to 8 special FRS frequencies and 8 shared 460 frequencies, giving them a total of 16 channels. They also have the 38 special transmit and receive tone groups that let only members of your group hear you or talk to you. These “privacy” channels are great and work well. I used a pair of Casio brand and they worked out well.

You can find them at just about any discount store or discount drugstore and they could form the


background of a strong intercommunications system for the Sudbury CERT.

As an alternative, there's the good old AM CB set. They are also nonlicensed, but the problem is that they are totally open to anyone who wants to use

Channel 2 when you want Channel 2. Still, they are an alternative and there are some interesting CBs out there that combine weather radios.

If you were a Ham, the choice of frequency and radio would be yours, although I am primarily an HF operator and manager of the Mass. State RACES HF Net for MEMA.


These are just a few ideas to think about especially with September as Preparedness Month coming up. We could actually pick up a set of radios and give them a tryout. Some of the features I'd like to see on them are automatic headsets where the microphone just opens when you talk and stops when you stop (VOX operation). Or, we could even set up on the old 49 MHz band that once was big in some circles. There are headset radios available for that.

I'd suggest the starting point as the FRS radios that we all likely have tucked away somewhere and if that doesn't work, moving on from there. 

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## **EQUIPMENT:**

On July 29, several CERT members ventured into the Fairbank Center storage area and reorganized the equipment, updating the inventory. Afterward, they traveled to Fire Dept. HQ to inspect the new CERT Trailer and inventory its contents. Fred Schulz updated our Inventory document. 

## **FEMA:**

From: FEMA (Federal Emergency Management Agency) <fema@service.govdelivery.com>  
Date: Wed, 29 Jun 2011 16:47:03 -0500 (CDT)  
Subject: CERT National Newsletter

[Click here to view the later Newsletter on the CERT National website](#)


In this issue of the CERT National Newsletter, Volume 3, Issue 4, you will read about the various ways CERT members serve their communities when they aren't activated for emergency situations. 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.

Sincerely, CERT National Program Office, Federal Emergency Management Agency 

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**HURRICANE** season is upon us. Tips are available from CDC's Hurricanes website (see link), as well as on our CERT Website ([www.cert@sudbury.ma.us](http://www.cert@sudbury.ma.us)) --note new address.

CDC and other partners offer resources to help you stay safe and healthy throughout the season. For tips, fact sheets, and social media tools, see [CDC's Hurricanes website](#). 

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**Remember to check your Go-Bags and CERT Kits periodically, replacing expired contents.**

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**For Your Information:**

**CDC:** Per a CDC notification, their social media tools offer a variety of ways for you and your visitors to stay informed. The new CDC Emergency Preparedness and Response Widget offers up-to-date, credible health and safety information. Badges, Public Health Matters blog, content syndication, @CDCemergency Twitter feed, and email updates also offer tips, news, and access to related information. You can start using these tools today! <http://emergency.cdc.gov/socialmedia/japan.asp> “

**What's New on the CDC Emergency Preparedness & Response Site**


CDC has a key role in protecting the public's health in an emergency. CDC has created a Radiation Badge that you can copy and paste into your website, social network profile, blog, or email to provide people with access to information about radiation and health. Learn more about using [buttons and badges](#)!

**FEMA:** Learn about the activities of CERTs across the country in the *CERT in Action!* stories recently posted at the national CERT website:

- [Bay, Texas CERT Partners with Red Cross, Community, to Respond to Apartment Fire](#)
- [Greenbelt, Maryland CERT Joins Eastern Shore Search-and-Rescue Mission](#)
- [Teen CERT Member Saves Elderly Woman from Fire in Missouri](#)
- [Monterey, California CERT Clears Beaches During Tsunami Threat](#)
- [New Jersey CERTs Help Area Cope with Flooding](#)
- [Oregon CERT Activated to Prepare for Tsunami](#)
- [Southern Marin, California CERT Joins Search-and-Rescue Effort](#)

*CERT in Action!* is about sharing the stories of local CERT Programs whose Teams have responded in emergencies. The stories capture how Teams make a difference in their communities, and the shared stories will enable all CERT Programs to benefit from the experiences of individual programs. Additional stories are added to the site regularly.

If you have a story about your "CERT in Action!" please let us know by contacting us at [cert@dhs.gov](mailto:cert@dhs.gov). When you submit your story, please be sure to include the following: *[Requirements in article are available upon request to Carole Flynn.]*

Sincerely, National CERT Program Office, Individual & Community Preparedness Division 

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## **FEMA – CERT Basic Training Changes**

From: FEMA (Federal Emergency Management Agency) <[fema@service.govdelivery.com](mailto:fema@service.govdelivery.com)>  
Date: Wed, 16 Mar 2011 12:47:20 -0500 (CDT)  
Subject: CERT Basic Training Updates Announced By FEMA

Dear CERT Community,

FEMA's Community Emergency Response Team (CERT) National Program Office is pleased to announce the release of updated materials for the CERT Basic Training course.

**What are the changes?** The updated course is the same effective training as before, with the units and topics organized in the same way. However, edits were made throughout all of the course materials including the Participant Manual, Instructor Guide, and the PowerPoint files. These changes are intended to assure that protocols are up-to-date and that the content is as clear as possible for those taking the training. Since there are many edits throughout the training, CERT instructors are encouraged to review all of the updated materials.

**Who made the changes?** To update the Basic Training, FEMA worked with a panel of 12 experienced CERT trainers from across the country, followed by a review by local CERT programs designated by the CERT or CERT/Citizen Corps coordinator in each state. FEMA senior leadership and FEMA's technical review team also reviewed and commented on the updated material. We are grateful for the time and effort from state and local programs that went into this update!

**Where can I find the new material?** The course files are now available on the national CERT website. Please visit [www.citizencorps.gov/cert](http://www.citizencorps.gov/cert) and click on "Training Materials" to access documents in PDF or Word. On the website you will also find the updated Participant Manual in low vision format. If your local CERT program will need the Participant Manual in Braille, please contact your State Program Manager. State Program Managers can email the CERT National Office with numbers on a state by state basis.

Please note that the updated Instructor Guide references a series of videos that CERT trainers may want to use when they conduct the Basic Training course. These videos are available on the website by clicking on "Video Material" on the home page.

**What comes next?** Later this year, the CERT National Office will be posting a new CERT Train-the-Trainer course and the new CERT Program Manager course.

Thank you for your continued interest in and support of CERT, and for all you do in preparing for and responding to disasters in your community!

Sincerely, CERT National Program Office , FEMA Individual & Community Preparedness Division 

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