



# CERTainly Prepared

The Official Newsletter of the Naperville CERT Organization

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## Naperville Attends CERT Symposium

Will County planned and hosted a CERT Symposium on April 20<sup>th</sup>. The event was such a success that it looks like it will become an annual event. Naperville CERT was invited to participate and an invitation was extended to attend their planning meetings early this year. NCERT Board Chairman, Rick Brock, attended the first meeting and stayed involved in the planning meetings throughout the months leading up to the day of the event.



Naperville Group at Inaugural Symposium

The Symposium was held in Wilmington, Illinois, at the Local 150 Operating Engineers Training Facility. This was a massive building, ideal for the event as it had an auditorium for opening and closing sessions, two floors of individual classrooms for instruction and exercises, as well as a cafeteria which hosted breakfast, lunch and snacks.

The emphasis for the day was to provide CERT members with a refresher course in the areas of Triage, Treatment, Search, and Rescue Carry Techniques. Participants were divided into four teams which rotated through the four course areas. Each session started with a fast paced classroom review of CERT material, followed by an exercise. There was an additional combined Triage/Treatment and Search/Rescue Carry exercise. CERT members were paired with individuals from other CERT organizations from Will and surrounding counties. This made the exercises more realistic as to how a call-out might work following an actual disaster. Each exercise was followed by a “hot wash” session for discussion, questions and participant/instructor feedback.

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A group of female high school students from the Wilmington area played the role of injured victims for some exercises. They were terrific, and their acting skills were complimented by some pretty realistic moulage work. Dummies were also used throughout the day as additional victims.

Participants felt the symposium was well done and would be willing to participate again. Thanks to the Naperville group who attended and to Naperville CERT trainer, Laura Frohn, who along with Rick Brock, helped facilitate activities the day of the symposium.

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## Annual Meeting

A thank you is extended to all who attended the April 30<sup>th</sup> annual meeting of the Naperville CERT organization, especially those who stayed to the very end. The length of the meeting (3.5 hours) was a surprise to everyone, including the Board. They usually don't last that long, however, many members wanted to discuss issues related to the recent flood. Having the ability to dialogue with Fire Chief Puknaitis and Emergency Management Coordinator, Dan Nelson was an opportunity not to be missed.

After a welcome by Board Chairman, Rick Brock, Dan Nelson, described his vision for the CERT organization during the coming year. We are challenged to help educate and sign up the citizens of Naperville for a mass notification system known as Everbridge. This is the best system available for emergency communications and can be customized for the special needs of each individual. When this system is rolled out this summer, CERT members will have information training on the system. We can then partner with the library, and/or have registration tables at public events, to sign people up.

CERT was also challenged to do the following: conduct two Basic CERT classes, get training in Red Cross Shelter and Point of Distribution class simulations, act as victims in an Edward Hospital drill, and spread the emergency preparedness message by participating in National Night Out and the Public Safety Open House.

During the evening, Vicki Parrish gave a Power Point presentation reviewing the activities of all CERT members during the past year, Denise Pucel shared her experience as a Naperville team member participating in the 2012 Prairie State Challenge, and two new members were elected to the CERT Board. Congratulations and a welcome to Edward Danley and Heather Baum.

A Thank You is extended to Larry Pope, accompanied by Valerie Sye-Haritos, who described the training and activities of the Search and Rescue team. SAR would provide an opportunity for CERT members who want further involvement beyond their CERT training and community education activities.

We hope to see all who attended the meeting, and those who could not, at one or more CERT activities during the coming year.



## Save the Dates

June 8	Point of Dispensing (POD) Training <i>Pre-Registration required (see CERT email from May 17th)</i>
August 6	National Night Out
August 24	Children's Safety Expo

## Speakers



Rick Brock



Dan Nelson



Mark Puknaitis



Vicki Parrish



Denise Pucel



Larry Pope

# If You See Something, Say Something

by Vicki Parrish

Those entrusted with our Homeland Security have long been concerned about the grassroots style attacks that we recently witnessed at the Boston Marathon. While counterterrorism intelligence agents are busy tracking the known larger organized groups, the lone wolf ones may avoid detection. It is our responsibility to be ever vigilant because it is the local police force and everyday citizens who are likely to notice the small unusual behaviors, of these grassroots militants, in advance of an attack.



Homeland Security begins with Hometown Security so a nationwide public awareness campaign was launched, “If You See Something, Say Something”. This campaign encourages citizens to report suspicious behavior and situations that could indicate criminal activity related to terrorism. Ordinary citizens, practicing situational awareness, can and do save lives. A perfect example of this was the T-shirt vendor who noticed the smoking vehicle in the failed 2010 Times Square bombing attempt.

I recall the day I had a list of errands to complete on my way home from work. While driving south on Washington Street, I noticed a man standing on the sidewalk along the railroad underpass and photographing the underside of the tracks. The man was wearing a ball cap and street clothes, not a safety vest that might identify him as a railroad or public works employee. I could not help but wonder what he was doing as the 2004 Madrid train bombings were fresh on my mind.

I wanted to forget the whole thing because I had other things to do but Jiminy Cricket was on my shoulder and whispering into my ear. I knew if anything happened to a train at that railroad overpass, I could never forgive myself for my lack of action. I decided to divert my car to the Naperville Police Station. Fortunately, along the way, I encountered a curbed squad car in a residential area. I pulled over and gave my report to the officer who entered it into his computer. My duty done, I could now continue on with my errands.

If you see suspicious behavior, unusual demeanor, or notice an unattended backpack or package, take the initiative to “Say Something”. Call 911 for an immediate emergency or use the nonemergency number to make a report to the Naperville police department (630) 420-6666. Knowledge of terrorist activity can be reported to the closest FBI Field office in Chicago at (312) 421-6700 or [www.chicago.fbi.gov](http://www.chicago.fbi.gov).

*Note: This article written with information from the Office of Homeland Security’s “If You See Something, Say Something” campaign and the Stratfor report “Fighting Grassroots Terrorism: How Local Vigilance Can Help” by Scott Stewart, August 3, 2011.*



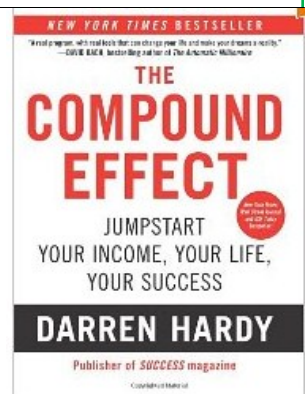
## Winter CERT Graduates

Congratulations to the graduates of the February 2013 Basic CERT class. These were a committed group of citizens who completed their final training exercise in the cold winter temperatures. Thank you for your dedication and welcome to the Naperville CERT organization.

# Book Review

*The Compound Effect*

By Darren Hardy



*The Compound Effect* by Darren Hardy is a quick read with some simple, yet important messages. Just as small amounts of money, invested regularly over time, will compound and grow into a nice return, so will other habits. Individuals can create good habits, or eliminate bad ones, if they commit to small steps, done consistently over time, until a payoff or a goal is accomplished. By this time, a good habit will have been formed. This practice works in many areas and the book offers examples with weight loss, building an exercise routine, saving money, and relationships with people.

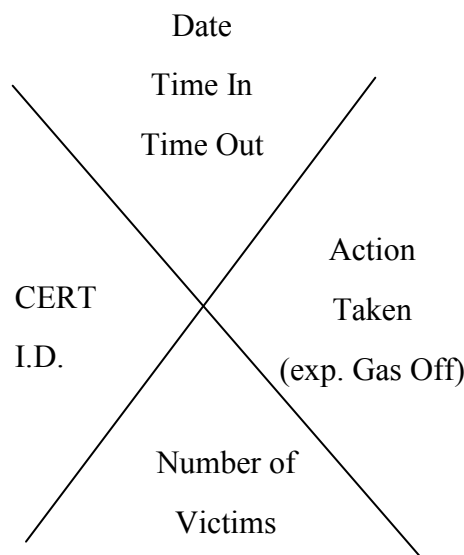
Hardy describes how everything in life involves making choices, and every choice has an impact on the Compound Effect of your life. You alone are responsible for what you do and don't do, as well as how you respond to what's done to you.

You also control your input, that is what you feed your mind; associations, the people you spend time with; and your environment, that which surrounds you. Hardy believes one gets what one tolerates in life, especially regarding relationships with other people.

Hardy is an advocate for journaling as well as putting goals in writing. He urges the reader to find their core motivation, set their goals and commit to small steps done consistently to reach these goals.

The principles of the Compound Effect could be helpful to CERT members: building and maintaining an emergency supply kit, expanding and reviewing response skills, and surrounding oneself with people who know that the worst can and does happen so preparedness is essential.

## Remember.... When Conducting Search Operations



Indicate rescuer location and prevent duplication of effort by:

- Making a diagonal slash next to the door before entering
- Making an opposite slash creating an "X" when leaving
- Keep records and report results to emergency services personnel.