



CERTainly Prepared

The Official Newsletter of the Naperville CERT Organization

Volume 1, Issue 3

Winter 2013



Mark Puknaitis
Naperville Fire Chief

Our Incredible Accredited Fire Department



Last fall we all read the news reports that the Naperville Fire Department was designated as a “Legacy Agency” for being one of only three in the world to be accredited for 15 consecutive years. For those of you who are not part of the Fire Department personnel working on the accreditation, you may not know what is involved in this dynamic process.

Accreditation is an all-inclusive evaluation that requires a lot of time and effort to complete. At the heart of it is a self-assessment of the department. The evaluations cover 10 areas that should be a part of any credible fire department: Governance and Administration, Assessment and Planning, Goals and Objectives, Financial Resources, Programs, Physical Resources, Human Resources, Training and Competency, Essential Resources and External System Relations. The process requires an Accreditation Manager and a carefully selected team of Committee Members to get the work done.

The accreditation process must start with a Risk Assessment. Each community is unique and the fire departments must assess the risk factors for our community. Naperville has a resident population of 145,000 which swells to 200,000 during the work day. We have railroad, interstate truck and highway traffic, and waterways passing through and near our community. The Fire Department must plan for every possible situation and contingency, both common and remote.

Next, is the development of a Standard of Cover. This is a response plan for all the major incident types that could occur within the community. These include fighting fires, Emergency Medical Services, and the work of specialty teams for Hazardous Materials Incidents, Water Rescue, and Technical Rescue (involving confined spaces, collapsed structures and high angle or elevated rescue as well as extraction from vehicles or machines). The department must establish goals and benchmarks for delivering a defined level of service to the community. Success or failure is measured based on if these goals and objectives are attained.

Following, is the formation of a Strategic Plan. This is a direction for implementing these goals and objectives as they relate to the department’s Mission Statement. The Strategic Plan encompasses a diagram for the department’s growth and improvements; both short term (within the next year), as well as a vision for longer term planning, projecting years into the future.

Inside this issue:

Save the Date:	2
Training Opportunities	
What to do in the Presence of an Active Shooter	3
Book Review: <i>The Heart and the Fist</i>	4
Congratulations to Basic CERT Class Graduates	4

Newsletter Editor:
Vicki Parrish
Contact at:
Editor.CERTainlyPrepared@NaperCERT.org

Continued on Page 2

Continued from Page 1

In short, the accreditation process describes what it is the Fire Department does, how well they do it (identifying both strengths and weaknesses), and plans for the future for each item examined. Everything presented in the self-assessment report must be validated with data and exhibits. The Commission of Fire Accreditation International (CFAI) assigns peer assessors to make a site visit to validate the documentation presented. Their report is then reviewed and the CFAI acts on their recommendation.



The Naperville Fire Department is an elite organization. The accreditation process requires leadership and a willingness to open their department up to scrutiny and external review. The fact that they continue to seek this accreditation indicates their commitment to excellence and their willingness to strive for continued improvement. This makes our city safer and it allows the department to meet or exceed the expectations of the city government, businesses, and the community at large.

Editor's Note: This Article was written with input from Naperville Fire Chief Mark Puknaitis and based on information from the article "Understanding the Fire Department Accreditation Process" by William R. Purcell and published online at www.fireengineering.com. Volume 158, Issue 3.

Save the Date



Save the dates for these upcoming activities of interest to CERT members.

February 27, 2013 – Severe Storm and Tornado Spotter Training

This annual program is presented by the National Weather Service. The presentation will be held at 7:00 pm at the Aurora Police/Emergency Management Bldg., 1200 Indian Trail, in Aurora. This is the closest location to Naperville for this presentation in 2013.

March 16, 2013 - Advanced Severe Weather Seminar

The DuPage County Office of Homeland Security and Emergency Management is hosting this 22nd annual full day seminar at Tellabs, 1415 W. Diehl Road in Naperville. To register and see a list of event topics, visit www.dupageco.org/weatherseminar. There is a \$35 charge for this event.

April 20, 2013 - Will County CERT Symposium.

Since the southern portion of Naperville lies within Will County, Naperville CERT has been invited to participate in the 1st Annual Will County CERT Symposium. The purpose of the symposium is to get CERT members refreshed and reinvigorated in the skill areas of triage/treatment, cribbing, and transport. This exercise will also be good training for the Prairie State Challenge. The Symposium is being planned now with Naperville CERT Board Chairman, Rick Brock, present and representing Naperville CERT. Details and registration information will be emailed to CERT members when finalized.

April ?? 2013 – Tom Skilling's Tornado Seminar.

This popular seminar will again be held at Fermilab in Batavia. The exact date has not yet been confirmed. The event runs twice in one day at noon and again at 6:00pm. Watch the Fermilab website for date posting under the Public Events/Special Events tabs or at www.asktom.org.

Quick Action Could Save Your Life

Do to the unfortunate continuation of armed assailants causing multiple casualties in public places, it is time to address the issue. This article is written in order to prepare **YOU** in case you ever find yourself in one of these frightening situations. The following is a summary of an article titled “When Things Go Bad” by Scott Steward and published online September 13, 2012 by Stratfor (a global intelligence company providing guidance to individuals, governments, and businesses worldwide).

You must accept the fact that there are bad people in the world who want to hurt innocent people and you could be their next target. It is wise to practice situational awareness, trust your gut instincts in all situations, and rid your mind of the idea that nothing bad will ever happen to you.

As you are going about normal everyday activities, you may be unaware of your surroundings. It is difficult for you to change your mindset quickly, to a state of high alert, in response to an unusual situation confronting you. It would not be uncommon for you to freeze, go into shock, and delay action because you are in denial of the situation. However, if you are ever in a situation where you cannot avoid an attack, recognizing the danger and taking quick action can be the difference between survival and death.

The first thing you must do, once you have recognized that an attack is taking place, is determine where the gunfire (or threat) is coming from and if there is more than one source. You are going to want to get away and you want to run **from** the danger, not toward it. Next, to avoid being shot, follow the acronym MDACC (which stands for motion, distance, angle, cover and concealment).

- **Motion and Distance** are your friends. It is harder to hit a moving target, than a stationary one. Most people can run about 25 meters in a few seconds. Few shooters could hit a moving target at that distance.
- Run at an **Angle**. It is easier to hit a target running in a straight line than to hit one running away at an angle, since the latter would require a skilled shooter who can lead the target. Running behind objects that can hide you or stop bullets is even better.
- **Cover**, even partial, is better than **Concealment**. **Concealment** will hide you from the shooter, but not keep a bullet from hitting you. Objects like a bush, tree leaves, or interior drywall construction can be penetrated by a bullet. However, in these situations, the shooter is firing randomly guessing where you might be. **Cover**, like a tree trunk, will protect you from the bullets. If you find yourself hiding inside a room, find some sort of additional cover to stay behind, like a filing cabinet or heavy desk.



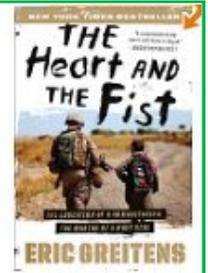
If you should become wounded, your mindset at that time will be critical. Most wounds are not fatal and do not immobilize the victim immediately. Therefore, do not drop to the ground or freeze which could give the shooter time to approach and finish you off. Instead, continue to get a safe distance away from the attack zone and then get prompt medical treatment.

Editor's Note: This article reports one author's recommendations. The reader is encouraged to seek out multiple sources to educate oneself on this topic. Refer to the Department of Homeland Security's website and search term "active shooter".

Book Review

The Heart and the Fist

By Eric Greitens



The Heart and the Fist is an autobiographical account of events in the young adult life of the author, Eric Greitens. Greitens is a man who likes learning and challenges. The book begins during his years at Duke University, but it is the lessons learned outside of the classroom which make impressions on his mind, form his character, and develop him physically. Unlike the way most college students spend their free time, Greitens goes to a gym to learn and practice the art of competitive boxing. He spends each summer in humanitarian efforts gaining insight by placing himself among the populous of foreign countries experiencing the tragedies of international news stories. His adventures take him to China, where he answers student's questions about free speech and the right to assemble; Bosnia, where he works with children in refugee camps; post holocaust Rwanda, as a documentary photographer; and Bolivia, where he works in an orphanage for abandoned street children. With each experience, Greitens shares his thoughts as he is impacted by all he sees and experiences.

The year following college affords Greitens the more leisurely and contemplative life of a Rhodes Scholar at Oxford University. During his breaks at Oxford, he was able to travel to do research and photography. Among his extensive travels, he witnessed life in the Gaza Strip, the work of Mother Teresa's Missionaries of Charity in India, and a hospital for amputees in Cambodia. Processing all he learned, Greitens began to form a mindset that giving aid was not enough, sometimes using power is necessary to protect the weak.

The year at Oxford concluded with a big decision to make regarding his future opportunities: an academic position at Oxford, a lucrative consulting job, or to enter Officer Candidate School in the United States Navy with a shot at SEAL training. Greitens always takes the path of challenge.

The next section of the book describes the mental and physical challenges one must endure to complete Basic Underwater Demolition/SEAL training (BUD/S). The chapter which describes "hell week" has the reader feeling cold and exhausted from just reading about his experience. Post completion of BUD/S, Greitens's deployment takes him to Afghanistan, Southeast Asia, Kenya, and Iraq. He shares his thoughts throughout select stories of his missions. Greitens is observed merging his military and humanitarian training to execute successful operations which incorporate respect for the people of the host community.

In the book's conclusion, Greitens does precisely what is expected that this Renaissance Man would do. After leaving the military, he founded an organization to offer wounded and disabled veterans an opportunity to continue service in charitable and public benefit organizations. Greitens learned, and is practicing, one of the principal lessons of military leadership—take care of your people.

The Heart and the Fist is a good read for CERT members. Its message is about being strong and prepared both physically and mentally, yet having the heart to use your skills for the benefit of others.



Fall CERT Graduates

Congratulations to the graduates of the October 2012 Basic CERT class. These citizen volunteers have taken the time to train themselves to do "The Greatest Good for the Greatest Number" should disaster ever hit our city.