

January—March 2008

Quarterly Newsletter

Welcome 2008



The Responder

Can you believe that another year has come and gone? I can't. Last year many things happened. In the fire service we opened our new fire support and training tower and Fire Station # 1. How about tax cuts? Months of talks, watching the news and reading the newspapers to try to see what the heck was really going to happen. Housing prices fell. Insurance went up and then came down a bit. Many jobs were on the line. Taxes, gas prices..... What else were they going to do to us? And then there was CERT. What would all this mean to our program? When all was said and done the Fire Department sadly lost a few jobs and we had to cut One Million dollars from our budget. We all know what happened next. For some of us it seemed that the CERT program was lost. We were lucky. Not one team was dismantled. We lost out on some training, and we had to cut the last two classes. But we held together. Money was tight, and will remain tight through these cuts but we will hold strong.

I believe that at times we are put to a test. It is at those times that we must do what we can to remain at the top of our game. To continue to adapt and overcome as they say. We must continue to see our way through whatever obstacles lie ahead. This is what makes us a team and what keeps us going strong. We must remember what CERT is all about. It not about the money. It is about neighbor helping neighbor. The program is alive and going strong. Chief Wood has made sure that the program will be maintained. With so many things happening, some of you felt that CERT has been put on the back burner, we are not as committed as we once were. We are not putting in the time or we are not interested. As our CERT program went through the change so did our department. Our commitment is strong and we remain focused and on track. I ask that you do the same. Without your support and commitment the program can't function. You are the glue that holds everything together. I say lets welcome 2008. Lets make this year the best ever. Lets show everyone that we are no way ready to lay our heads down and go to sleep. That we are and always will be committed. That each and everyone of us has put in a great deal of time and training and we are not about to let it go.

The Boca Raton Fire Rescue CERT Program is one of the premier programs in the country. It shall remain that way.

Keep Safe

Frank



Smart Heart Is Back In 2008



WE NEED TEN CERT VOLUNTEERS

Boca Raton Fire Rescue Services and Boca Raton Community Hospital are again joining forces to offer SMART HEART. On Thursday, February 14, 2008 there will be FREE Blood Pressure, Glucose and Cholesterol screening. This is a community based partnership between Boca Raton Fire Rescue and Boca Raton Community Hospital to provide health care and education to members of our community. Last year we had a great turnout and a great time. CERT members assisted with directing citizens to the proper tables and with data entry. This year the call has gone out again for CERT to be part of this wonderful event. If you are interested in assisting **please call Frank Correggio** at 982-4012 or email fcorreggio@ci.boca-raton.fl.us.

The hours are from **8am—1:30pm**. This year we will host this event at 6500 Congress Avenue in the auditorium. A light breakfast and lunch will be provided.

We hope to see you there.



**Thursday,
February 14, 2008
8am—1:30pm
6500 Congress Avenue**

Things To Do This Year

By Frank Correggio

Well its that time of year again. The New Year is here and we get to start all over again. If you are of the catholic faith it might be compared to confession. Each week you go to church and confess your sins and you get to start all over again with a clean slate so to speak. The new year seems no different. Time for a resolution of some sort. Lets see. What can I do this time? Diet? Exercise? Stop smoking? Don't swear as much. Spend more time with the kids. Try not to procrastinate. Yeah that's a good one. As you can see we have all sorts of things we want to do. Some get started but never finished and some never get started. According to Dictionary.com one of the definitions of a resolution means "a solution, and assumption or settling a problem". Through the years I have been on the receiving end of a great many suggestions, problems and complaints. Over the years we have come to work together to try to help solve the problems, make the suggestions work and fix the complaints. Thank you all for your help. Without you it would be a difficult task to make things happen.

In 2008 I have put together a list of things to do that may help us all make it through the next year. Please take a moment to review and feel free to add your own.



Remember that this is our program our team and our responsibility. I will see you all soon. I hope that this year is the best year for all of us.
Stay safe.....

CERT Continuing Education

February - June 2008



Please Remember: You must wear your CERT ID

February

Monday, February 11

Aircraft Safety

Time: 6PM—9PM—Limited to 20 students

Location: Boca Raton Airport—3600 Airport Road

Would you know how to approach a downed airplane or gain access to the patients inside? You will be working on a corporate jet learning how to approach and open emergency doors. Once inside you will determine how to remove injured victims. Sounds easy? Come and see for yourself. You will also take a tour of the airport and learn the location where the fuel depot is located and see other areas of interest.

Tuesday, February 12

Cribbing—Norm Engel / Frank Correggio / Keith Metcalf

Time: 6-9pm— Limited to 20 students

Location: Fire Support and Training—800 Banyan Trail

Time for a refresher? Capt. Norm Engel will go over the basics for cribbing. Work as a team and build your base to help rescue a trapped victim.

Long pants and closed toe shoes, helmet and gloves are required.

Monday, February 25

Advanced Cribbing—Norm Engle / Frank Correggio / Keith Metcalf

Time: 6-9pm—Limited to 20 students

Location: Fire Support and Training—800 Banyan Trail

Work with your team to put your skills to the test. You may have to rescue a victim from a collapse or you might have to rescue a victim pinned under a car. Your team will utilize the IC system to complete this exercise.

Long pants and closed toe shoes, helmet and gloves are required.

March

Monday, March 10

Basic First Aid Refresher

Time: 6:30-9:30PM—Frank Correggio

Location— 6500 Building—Congress Ave. 2nd floor

This power point refresher class is designed as a review but to give the student a slightly more in depth look at treating victims. We will review the proper equipment needed when treating the victim.

Monday, March 24

Terrorism—Dan Coine / Frank Correggio

Time: 7– 9 PM

Location: 6500 Congress Ave. 2nd floor

This class will cover “BNICE” - Biological, Nuclear, Incendiary, Chemical, and Explosives. You will learn what to look for and what to expect when dealing with a terrorist attack, personal protective equipment needed and decontamination.

Captain Coine has taught this class at the National Fire Academy in Emmetsburg, Maryland. There will be a table top exercise at the end of the class.

Monday March 24

Heart Saver CPR—*You must call Boca Raton Community Hospital to register. 955-4468*

Time: 6-930pm

Location: 6500 Congress Ave. 2nd floor

Now is your chance to learn CPR. Upon completion of this class you will receive your Heart Saver CPR certification. This class is open to the public. You family and friends are welcome to attend!



Classes will be limited in size and will be filled on a first come basis. You may only register yourself, your spouse or significant other.

**** Please remember when you are attending any continuing education /training class you must wear your CERT ID.****

Have an Idea?

We are looking for your input on the upcoming training for CERT. Do you have any suggestions? We would like to hear from you.

To register for classes, please call Frank Correggio at 982-4012 or send email to : fcorreggio@ci.boca-raton.fl.us



CERT Continuing Education

February - June 2008

April

Wednesday, April 4

Semi Annual Meeting

Time: 7pm—9pm—

Location: 6500 Building—Congress Ave.—Auditorium

Calling all CERT members. Our first meeting of 2008 is scheduled in our new auditorium. This is the time where we get together and see old friends and meet new friends. Team Leaders will be on hand to meet and greet their team members and hand out their area disaster plans. Please don't miss this meeting. You are encouraged to attend.

Saturday, April 12

Chainsaw Safety

Time: 830am—11:30am—Limited to 10 students

Location: Fire Support—800 Banyan Trail

Do you or someone you know own a chainsaw? Do you really know how to use it? Driver Mike Lucas will show us the proper use of a chainsaw, how to maintain the tool and some fundamental techniques on cutting.

Long Pants and close toe shoes, helmet and eye protection must be worn.

Monday, April 21

Evidence Recognition and Preservation

Time: 630-9:30PM

Location: 6500 Building—Congress Ave.—2nd Floor

If at a CERT activation scene you noticed something suspicious or something that might require police attention what would you do? Frank Katen, Senior Crime Scene Analyst for Boca Raton Police Services will show you how to spot evidence and what you need to do to preserve it for the authorities.

May

Monday, May 12

Search and Rescue Drill

Time: 6-9pm—This class will be limited to 15 members.

Location—TBA

A tornado has touched down in Boca Raton. CERT has been activated.

It will be up to you to check your email and listen to your CERT radio for updates and activation procedures. Once fully activated, a CERT Net will be set up and all your communications will be handled through the Net.

You must wear all your CERT gear and your ID. You will be given final instructions when you arrive at your location which will be announced on the radio and through your email.

Monday, May 26

Gird Search Patterns

Time: 6-9pm

Location: Fire Support— 800 Banyan Trail

You will learn to use a planned coordinated system to search for victims, and evidence in a disaster situation. You will learn grid, line and pattern searches. The class will consist of classroom and a practical exercise.

This class will be taught by Senior Crime Scene Analyst Frank Katen, Boca Raton Police Department. Frank is a Retired NYPD Detective.

You must wear your CERT ID

Upcoming Classes

June

Water Rescue— Captain Lange Jacobs

(Tentative date Tuesday, June 24th-6-9PM)

Skywarn— Robert Molleda from the National Weather Service

(Tentative date Tuesday June 10th—6:30-930)

Team Leader Corner

By Ken White



Greetings, CERT members. I hope you all enjoyed the holiday season and had a chance to spend time with your family, eat a little too much, and relax a bit. Now it is time to start thinking about preparing for the 2008 hurricane season - while it is still calm and we have the time. South Florida residents have been very fortunate over the last two seasons since it has been very quiet. How great it would be for this pattern to continue. However, I wouldn't bet on it. Would you?

I know that many of you may have lost the excitement you once had about the CERT program; that you haven't been contacted by your Zone Leader in a long time; that you've probably forgotten who your leader even is; and that some of you have drifted away from the program entirely. Regardless of the reason, the CERT program needs you back! So I'm asking those of you who still have the interest to re-engage in 2008. And here are some ideas to help get you going again: Connect with one or two of your zone members and get reacquainted, contact your Zone leader and help plan the next zone meeting, read the next CERT newsletter carefully and find out what upcoming events are scheduled, attend a refresher course, come to our next semi-annual meeting, and prepare your own individual/family emergency plan.

Also, I want you to know that your Zone Team Leaders are getting ready, as well. We have a meeting scheduled in early February for the leadership to start working together again on our disaster plans, communication plans, and fine tuning our skills by participation in local drills. A new website has been developed to help every CERT member, whether a Team Leader or not, to get access to important CERT information. We will be asking members to take on key leadership positions where openings exist. And much, much more.

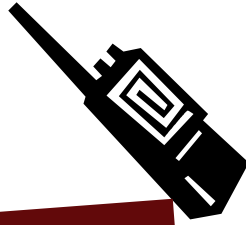
So, let's get going. It will take all of us to make this a successful year. Stay Safe.

Regards,

Ken White



CHANNEL 16
IS THE PLACE
TO BE

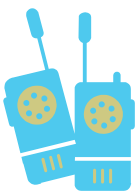


TUESDAY NIGHT



CERT WEEKLY RADIO NET

Time: 7:00 PM



If you have a radio you
need to Tune into
Channel 16 !

**CALLING ALL
TEAM LEADERS!
ASSISTANTS!
ZONE CAPTAINS!**

- *Participation is required!*
- *Hear important instructions and information*
- *Share information about your zone*
- *Get valuable radio practice*

****IMPORTANT****

When you accepted the radio you agreed to be part of our weekly radio check. Please remember that you must check in with our Net each Tuesday. If you are unable you must contact Frank Correggio and let him know. We need your participation.
Thank you

Questions or comments
please contact
Frank Correggio
982-4012
Or
fcorreggio@ci.boca-raton.fl.us

Chef's Corner

Boca CERT Black Bean and Corn Salad

This yummy bean salad has roots in the Southwest. It can be served as a side dish with grilled chicken or salmon or served as salsa with corn chips as an appetizer. The lemon-garlic dressing gives just the right tang. Adding two fresh tomatoes ensures there is no “canned tomato” taste.

Salad:

- 2 (15 ounce) cans black beans, rinsed and drained
- 15 ounce can whole kernel corn, rinsed and drained
(or 1.5 c frozen corn kernels, thawed)
- 15 ounce can diced tomatoes with green chile peppers, partially drained
- 6 scallions, chopped (both green and white parts)
- 1 red bell pepper, seeded and diced (1/4-inch pieces)
- 2 fresh tomatoes, seeded and chopped
- 1 avocado, peeled, pitted, and diced

Dressing: Makes 1 cup

- 1/2 cup (4 oz) olive oil
- 6 T (3 oz) lemon juice
- 1 T red wine vinegar
- 2 tsp sugar
- 1 tsp minced garlic
- 3/4 tsp ground cumin
- 1/4 tsp dried cilantro
- 1/2 tsp salt
- 1/4 tsp fresh ground black pepper
- Optional: 1/8 tsp red cayenne pepper or 1 T minced fresh jalapeno



In a salad bowl, combine beans, corn, canned tomatoes, green onions, and red bell pepper.

(To make ahead of time: Refrigerate the salad at this point overnight in a closed container. Make dressing on the day you serve and toss the salad.)

Combine dressing ingredients in a small container with a tight lid and shake until well mixed. Pour dressing over the salad, and stir to coat vegetables and beans with dressing.

Gently fold in the fresh tomatoes and avocado cubes. Toss again to combine just before serving.

About black beans:

A member of the kidney bean family, the black bean is small and slightly square in shape, with white meat that has a hearty flavor under the dark skin. Black beans are nutritious, providing both protein and fiber. One cup of cooked black beans contains only .9 grams of fat.

How about this as an added dish on Super Bowl Sunday? Enjoy.

Barbara Kasser

Making a Difference: Hand Washing

Over the past two semesters at FAU, I have completed extensive research on hand hygiene, especially as it involves disease transmission. There has been a lot of work on the subject over the years. If you want to see something truly scary, just visit the CDC web-site (<http://www.cdc.gov/mmwr/preview/mmwrhtml/rr5116a1.htm>) for the facts, and what we can do about them. It turns out that the nearly invisible world of microorganisms that we are hearing more and more about are lurking even in the most innocuous places, waiting to make us sick. Yes, germs can be found on doorknobs, tables, grocery cart handles, and more. And that is during the best of times.

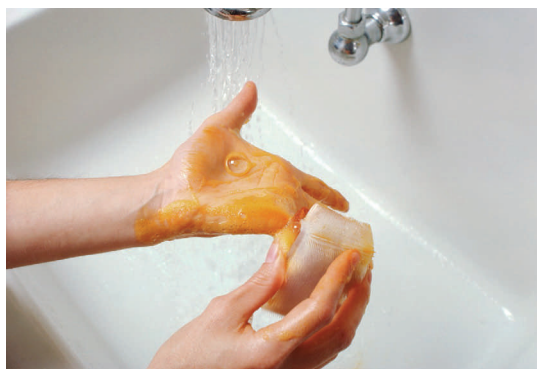
Lately there has been heightened concern about colds, flu, and MRSA (a staph infection). CERT training includes keeping ourselves, our families, and our neighbors safe during a disaster until professional help can arrive (http://ci.boca-raton.fl.us/fire/cc_flyer2005.shtm). Washing our hands can save each of us from a personal disaster, or during a more extensive disaster. Gloves alone are not enough, but they still are very important parts of our personal protective equipment.

So what do we do in an emergency situation? In our CERT bags we should have both latex-type gloves and heavy gloves. Having a bottle or two of water has also been recommended. Pour some of the bottled water over hands and rub them together, using soap if it is available. Then put on fresh gloves. A good idea would be to have hand wipes and/or a bottle of gel hand sanitizer. Maybe someone on our team might set up a hand washing station.

Hand washing may seem like a minor detail, but the life you save by doing it may be your own. Remember what we have been told over and over: be part of the solution, not part of the problem.

Stay Safe!

Dana Galloway



Radio Made Easy

By Ron Diego

Reprinted from January 2007 –"Radio 102"

The Rules of the Road:

Here are simple rules to follow when using your CERT, Ham or FRS radio. Although the radio looks complicated it really is a very easy unit to operate. Once you understand these rules the rest will fall into place.

- **LISTEN** – If you are on a repeater, you should be listening for a beep followed by the end of hiss of the repeater signal in your receiver. If you don't hear the beep or if you still hear the hiss, it means that the previous station is still transmitting. If someone else is still transmitting, this means that you must wait until they stop transmitting.
- **PAUSE** – If you have heard the beep, and the hiss goes away, allow about 2 seconds to elapse prior to transmitting. This provides an opportunity for someone with priority traffic to get his or her "two cents" in prior to your transmission. Patience is a virtue, but to not "step on your peers" while they are trying to get an emergency or priority message across the net is truly divine.

If your suffix is B, C, D, or E, it is reasonable for A to check in before you. When the call is for anyone in your zone, try waiting for a second or two prior to transmitting, you might be amazed at who you may hear (that you would not have heard if you transmitted first).

PLAN – your message to the Net Control Station should start always with establishing a connection. This means make a really short transmission such as "Net this is 57Alpha" or even "Net, 57Alpha" or just "57Alpha". Wait until Net Control recognizes you. Once you make the connection, give a concise transmission followed by "**Over**". This implies that the transaction is not yet complete. Remember to PAUSE between transmissions.



January—March 2008



THE RESPONDER

Radio Made Easy (continued)

TERMINATE - When the transaction is over, say something indicating that the transaction is complete such as “57Alpha back to Net”; no more activity is anticipated by either side.

CLEAR – If you are checking out of the Net, and it is still going, call Net Control and check out, say “Net this is 57Alpha”, wait for recognition by Net, then say “Net this is 57Alpha, Closing Station” or “Net this is 57Alpha, Clear”. Wait for acknowledgement.

PHONETICS – I know that it is cool to use non-standard phonetics such as Adam instead of Alpha, or Baker instead of Bravo, Clown instead of Charlie, or David or Dog instead of Delta, Easy instead of Echo but this leads to inconsistency and confusion. The proper CCITT phonetics are listed below:

Alpha	Hotel	Oscar	Victor
Bravo	India	Papa	Whiskey
Charlie	Juliet	Quebec (keybec)	X-ray
Delta	Kilo	Romeo	Yankee
Echo	Lima	Sierra	Zulu
Foxtrot	Mike	Tango	
Golf	November	Uniform	

Before you say that “remembering the Alphabet is too difficult for me”, try remembering only the first 5, we don’t have any stations with a suffix greater than Echo, yet. I would also recommend that you try learning your name phonetically, too. That will get you through the entire check in process sounding like a pro.

Finally, if you don’t have a repeater, and the net is on a “simplex” channel such as 13, 14, or 15, you must listen for the absence of the hiss; then pause for two seconds; then transmit. It takes time and practice to feel comfortable. Get with a friend who has a radio and practice talking. Pretty soon you will talking like a pro.

Good Luck and keep up the good work,
This is “57Alpha, Romeo Oscar November, Clear”

Ron Diego



Community Emergency Response Team

**CERT Members Are
Always Smiling !**

Questions or comments
please contact

Frank Correggio
982-4012

Or

fcorreggio@ci.boca-raton.fl.us

Team Leader Coordinators

Ken White
Dana Galloway
Nic Zordan

**View the complete
newsletter on the web !**

www.bocafire.net

Click on CERT



Jay Bell and Barbara Kasser



**Continuing Education
Is Back.
Check out what's coming
up next.
See page 5**

City of Boca Raton
Fire Rescue Services Department
6500 Congress Ave. # 200
Boca Raton, Florida 33487



**Team Leader Meeting
Tuesday, February 5, 2008
6:30pm at 6500 Congress Ave.**

**CERT Radio Operators Meeting
Tuesday, March 4th, 2008
6:30pm **Mandatory** 6500 Congress Ave.**