October—December 2008

Quarterly Newsletter

Where Are We Now

By Frank Correggio

Boca Raton Fire Rescue C.E.R.T.

The Responder

www.certbocaraton.com

If you look around someone is always doing a story on "Where Are They Now". The stars of yester-year, musical groups, kid actors who have grown up. Where are they? We are always interested in what they are doing, where they are living and what has become of them. As a kid growing up my favorites were, Jerry Mathers from Leave It To Beaver, Angela Cartwright from "Lost In Space" (yes I had a crush on her). Then there were sport figures. Joe Namath (Super Joe) from the Jets, Yogie Berra, Reggie Jackson, Jerry Koozman and Ron Swaboda to name a few. Led Zepplin, Cream, the list goes on. Am I dating my self? Maybe so, but it is nice to think back and remember the old shows and sport icons. I remember watching these shows with my sister and my Mom and Dad. I remember our first color television set. A color console fully stocked with a turntable and AM/FM stereo radio. Wow……. Very cool. Take a minute and think back. What were some of your favorites?

So where are **we** now? I have been asked that question by quite a few people. Not only our CERT members, but people from the outside. Palm Beach County, Deerfield, Broward and others around the state. It seems that a nasty rumor had been circulating that Boca Raton Fire Rescue was cutting its CERT program. I have assured all of them that our program was still together and moving along. "But how could that be" they asked. "You have no money, you are not teaching any new classes and with the budget cuts aren't you shutting down"? Not a chance. I explained that our Fire Chief understands the importance of the program and what impact it has on the citizens as well as the Fire Department. We also have one of our CERT members who sits on the City Council. With both the Fire Chief and Council member pulling for the program, how can we lose? We didn't, we won. Winning was in part due to each and everyone of you. Your commitment to our program, our city and our department. Taking part in events and the continuing education that is provided to you has sent a strong message. **WHERE ARE WE NOW?** We are right where we have always been. Here and ready to help in anyway we can. Ready to go the distance, making a difference and to continue to support and be part of one the greatest organizations ever. **WE** are here ready to serve our city, our department our community, family, friends and neighbors. **WE** are committed to doing the greatest good for the greatest number of people. **WHERE ARE WE NOW?** There are two new classes starting. The first in January. Spread the word. Lets fill the classes. **WHERE ARE WE NOW? CERT** is here. Where are you? Thank you for your support.

Stay Safe

Frank

Fire Chief Report

By Thomas R. Wood, CFO

C.E.R.T. 10th Anniversary

According to an article in the December 1998 Department Newsletter training of the very first C.E.R.T. class started ten years ago on October 28, 1998. Congratulations!!! See the archived article on page 3:

C.E.R.T. Funding

We went a full year (FY 2007-2008) with only enough funding to maintain our existing Team members. As of October 1, 2008, $12,000 has been appropriated for training new Team members. Frank is working towards re-launching our program just after January 1st.

As always, I appreciate your commitment to train, train, and train again… and to stand ready to assist your neighbors and the community at large. Keep up the great work!

Division Chief Lea instructs CERT participants in the proper use of fire extinguishers.

Fire Chief Report

Continued

Article December, 1998

CERT

Community Emergency Response Team

The City of Boca Raton Fire-Rescue Services started offering the Community Emergency Response Team (C.E.R.T.) training on October 28, 1998. The CERT concept was developed and implemented in California in the 1980's. Through training, citizens can manage utilities and put out small fires; treat the three killers by opening airways, controlling bleeding, and treating for shock; provide basic medical aid; search for and rescue victims safety; and organize themselves and spontaneous volunteers to be effective. Our first class has completed the first four sessions and should graduate on December 16.

CERT is about readiness, people helping people, rescuer safety, and doing the greatest good for the greatest number. Openings are available for classes starting April 29, 1999. For more information, contact Fire Administration at 367-6700.

1st. CERT Class 1998

Who do you recognize?

Happy Birthday CERT
10 Years Old

Boca Raton Fire Rescue CERT Program turns10 years old in December. Our first CERT class graduated in December 1998. Fourteen students were the first to test the waters of this new 8 week program. It wasn't until a few years later that CERT went to 9 weeks, incorporating terrorism into the program. We have gone from teaching fourteen members in 1998 in our first class, to teaching over six hundred students in 31 classes over the past ten years.

On behalf of our Mayor, members of the City Council, our Fire Chief, and our firefighters, we would like to thank each and every one of you for making the commitment to help and protect yourself, your family, your neighbors and our city by volunteering for CERT. You truly make a difference.

CERT
Through The Years

1998-01

1999-04

2001-01

2004-02

2006-04

2007-02

CERT Continuing Education
January—April 2009

Please Remember: You must wear your CERT ID

January— 2009

Monday, January 19th
Venom Response Unit, Miami Dade Fire Rescue
Time: 6:30-8:30PM
Location: Support/Training—800 Banyan Rd.
Spiders and snakes can cause serious injury not only to the victim but to a rescuer. Captain Ernie Jillson from Miami Dade Fire Rescue's Venom Response Unit will be on hand to explain how their unit operates and what type of poisonous reptiles, insects and animals you need to watch for.

Tuesday, January 27th
Patient Assessment and Triage
Time: 7-9 PM
Location: 6500 Congress Ave. 2nd floor
This class will take a more in depth look at how to quickly and accurately access a patient and check for signs and symptoms. We will also discuss the proper way to quickly and effectively perform triage.

February

Tuesday , February 10th
Heat Related Emergencies with Dr. Mike Davidson
Time: 7-9PM
Location: 6500 Congress Ave, 2nd Floor
CERT members, athletes and the young and old are all candidates for heat related emergencies. Dr. Davidson will educate you on how to recognize and treat Heat Cramps. Heat Exhaustion and the most deadly, Heat Stroke.

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
January—April 2009

February

Tuesday, February 24th
Basic First Aid Refresher
Time: 6:30-9:30PM—Frank Correggio
Location— 6500 Congress Ave. 2nd floor
This power point refresher class is designed as a review and will give the student a slightly more in depth look at treating victims. Topics will include wounds, spinal cord injury and burns.

March

Monday, March 10th
Ropes and Knots
Location: Fire Support and Training Facility—800 Banyan Trail
Time: 7—9pm
Have you heard of a Clove Hitch, square knot or a rescue knot? These are just some of the commonly tied knots that are used everyday in the fire service. Learn about the different types of rope and how its used. Learn how to tie a knot that could save your life. Division Chief Scott Johnston will be your instructor

April

Tuesday, April 7th
"A Deadly Masquerade--The Five Faces of Chest Pain" With Dr. Mike Davidson
Location: 6500 Congress Ave., 2nd Floor
Time: 7-9pm
This presentation will feature the cardiac and common non-cardiac causes of chest pain--chest wall, pulmonary, esophageal, and gastric. In addition, the differences between the sexes in the presenting signs and symptoms of cardiac disease will also be identified. Finally, new guidelines for "bystander CPR" will also be discussed.

Happy Holiday's

On behalf of Fire Chief Tom Wood and all the members of Boca Raton Fire Rescue Services Department we would like to take this time to wish all of our CERT members and their families a safe, happy and healthy holiday season. Thank you for being part of our team.

Got Time?

Reprinted from December, 2006

Its that time of year again as we get ready for the presents, and the parties. It's time we get to spend with those special people, our friends and family. We get so busy during the year that sometimes we forget about others. Not at this time of the year. People seem to open up and give more. No matter how busy we are during the year, we always manage to do a little something extra for people. We open and hold doors more often. We say please and thank you to everyone. We stop and let someone pass or even let them go ahead of us in a line at the grocery store. This is the time of year for giving. It starts in November and carries us through to the first of the year. We give everything. Food, toys, money, we give it all. And we don't even think about it. The best gift of all that I think we give isn't something you can buy. You can't hold it, or see it. You can't eat it, though you can consume lots of it. It's TIME. A commodity that is so valuable yet so short. We wear it on our wrists, we hang it on our walls, and we keep it in our phones. It is everywhere we go in everything we do. It is so valuable you cant put a price on it. What's it worth? Don't really know. We can multiply it, divide it, share it, and even give it away. And once its gone, we can never get it back. Time, what a concept……

I was shopping at the mall the other day when two older ladies were having trouble getting a box into their car. I loaded my packages and watched as the five people who passed them didn't even give these two older ladies "the time of day", let alone help them. I locked my car and headed their way. "Having trouble girls?" I asked. "Yes, the box is too heavy we cant lift it" the woman replied. Their trunk was full of bags, papers and "stuff". I quickly moved some of the bags to their back seat and lifted the box, which was a bit heavy into the truck. It didn't fit. So out it came and I had to rethink my attack. Ok, lets try the back seat. I moved all the packages and "stuff" back into the truck and managed to squeeze the box into the back seat. For that little act of kindness I was given two great big hugs, a kiss, the back of head rubbed, and smiles that I will never forget. They also wanted to give me ten dollars for my time. I told them thank you but I could not accept their money. I asked them to give it to their favorite organization for the families in need during the holidays. Their smiles and gratitude were priceless. They thanked me for my time and drove away smiling and waving.

What was that worth? What was my time worth for helping those two nice women. I was in a rush. I had to get going. I had to get my dad to the doctor, pick up my son and go move some furniture. After that I had to get to my cousins house and help him hook up his computer for his kids. I was running out of time. No matter how busy I was, no matter how much time I needed that day, the time spent helping those two ladies was nothing compared to what I received in return. It was time well spent.

CERT is the same way. No matter how busy we are when the call comes, CERT is there. Making time to help out. Giving of your time to make things right. Thank you CERT for your time. Your time that you put in everyday to make sure that our community is safe and prepared.

May all of your holiday wishes come true this season.

Stay safe
Frank

Team Leader Corner

By Ken White

There is a lot happening with our CERT program. We recently graduated a CERT class from Woodfield Country Club. The Country Club decided to sponsor a class for their residents and workers. The class was paid for in its entirety by the Woodfield Country Club. We recently graduated eleven students which increases our program and also the membership from Woodfield. We are very pleased that Woodfield sees the importance of CERT and was able to help fund the class. I would like to say thank you to Woodfield's team leader Alan Yuster for helping to coordinate Woodfields class and for attending the classes with the new students. Congratulations graduates and welcome to our CERT family.

On Saturday, November 22, 2008 Boca Raton Fire Rescue Services will be holding their annual Fire Expo at the Town Center Mall. Dana Galloway, Susan Breece, Jay Shapp and Clem Storch have been attending the meetings at 6500 Congress Avenue. The Fire Department is asking for our help. We will have a CERT table and we will give out information as well as take names for the upcoming classes. Please contact Heather Acone to sign up to help. Heather can be reached at hk777@comcast.com. Everyone is welcome. We hope to see you there.

I would like to take this time to let you know that Boca Raton Fire Rescue is planning to hold two CERT classes in 2009. The first class should begin in late January. Please join me in helping to recruit new members into our program. This is a great opportunity for us to talk up our program to your neighbors and friends. Lets work together to help fill the classes. Thanks to Chief Wood and Susan Haynie for helping to make this possible.

Our continuing education program has been doing very well. Please remember to sign up for these valuable classes. If you have any suggestions on a class you would like to take, please contact Frank Correggio and let him know. Remember the best way to prepare for a disaster or activation is to practice and train. There are some new classes so please take a look and make plans to attend.

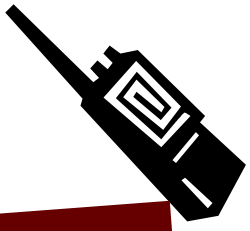
You team leader coordinators will be getting together with Frank and set a date for our semi annual meeting in 2009. We are hoping for a big turnout. We will let you know when we set the date. Please plan to attend.

We are fast approaching the holidays and on behalf of Nic Zordan, Dana Galloway and myself we would like to wish each of you and your families a happy and healthy holiday season. Enjoy your time together with your family and friends.

We would like to thank each and everyone of you who re-engaged in our CERT program. We are glad you are back.

Stay Safe,
Ken

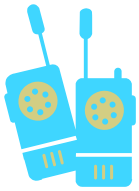
CHANNEL 16
IS THE PLACE
TO BE



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

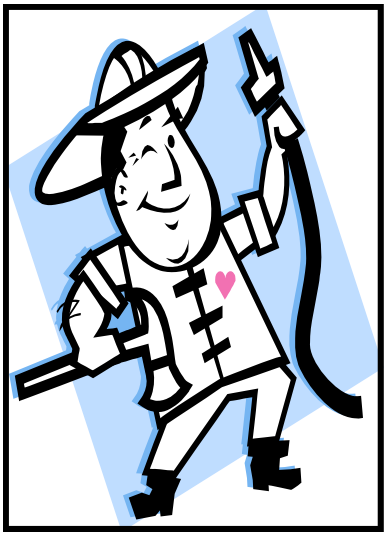
I thought that it would be nice to share some recipes with you from different fire departments from around the country. Enjoy.

Everyone has chicken wings while watching football. Try making a Stromboli. This is a great substitute for wings and goes with almost any side dish. Try this recipe or fill it with some of your favorites. You won't be disappointed. Enjoy!

Stromboli - 4 large Strombolies

- oven at 425
- 2 LBS of Italian bread dough
- 1/4 LB of cooked ham
- sliced 1/4 LB of Cappicola (hot ham)
- sliced 1/4 LB of hard salami
- sliced 1/4 LB of pepperoni
- sliced 1 LB of Mozzarella cheese
- 1 onion
- 6 meduim mushrooms
- 1 green pepper
- garlic powder
- While allowing the dough to rise cut the meat into slices about 1 inch wide put aside
- grate the mozzarella cheese put aside
- slice the onions, mushrooms and peppers put aside
- when the dough has risen, punch it down and divide into halves
- place on a floured surface roll each 1/2 into a long oval shape
- add meat, sprinkle garlic powder, cheese,and vegetables
- Bring sides up, pinching together, making sure there are no holes in the dough pinch ends together and turn over
- With a knife, make 3 small diagonal slits in the top place on an un-greased baking sheet and bake for 20-30 mins (time varies with ovens)
- Strombolis are done when the dough is a golden color serve with Italian dressing or! Spaghetti sauce

Recipe by Firefighter: Tony Landolfo - Asst.Chief/EMT PVFD



Stromboli is a small island located off the coast of Italy and Sicily.

CERT Quiz

The following questions have been taken from continuing education classes that are offered to our CERT members. Check your answers below. Good luck.

1. When performing rescue breathing your first breath does not go in. What should you do? _____
2. What is the best method to control any type of bleeding? _____.
3. You find a victim with his left leg shortened and his foot turned inward. What injury should you suspect? _____
4. You see a victim with her left leg rotated outward. What injury should you suspect? _____
5. Where do you place a victim that is tagged **BLACK** ? _____.
6. What does RPM stand for? _____.
7. If a victim has unequal pupils, what injury should you suspect ? _____.
8. A CERT member has been working in the sun and complains of leg cramps. What injury should you suspect?__
9. A victim has hot dry skin, rapid pulse and is semi conscious. This would indicate what injury/illness?_____
10. You find a victim complaining of numbness in his legs and he cant move them. What injury should you suspect?
11. What type of bandage should you use when treating a possible fracture of the upper arm? _____.
12. What is the correct ratio of compressions to breaths when performing CPR on an adult ? _____.
13. What is the first thing you do when you come upon a victim lying on the ground? _____.
14. What is the correct knot (s) you use to hoist a tool to the roof?_____.
15. What treatment do you give to a victim that has a complete airway obstruction? _____.
16. Where can you find out who your Team Leader is?_____

Answers : 1. Reposition and try again; 2. direct Pressure; 3.Dislocated Hip; 4. Fractured Femur; 5.Morgue; 6.Respirations, Pulse, Mental status; 7. Head Injury ;8.Heat Cramps 9.Heat Stroke; 10. Spinal Injury; 11.Triangle– Sling and Swath; 12. 30:2; 13. Check for scene safety, 14. Clove and Half Hitch, 15. Heimlich Maneuver. 16. On our website.

News From CERT And Zone 10

Here's the good news (it's *all* good news): we are almost through hurricane season! CERT members have been participating in many activities, working hard to keep our skills sharp and be ready for anything.

On June 28, Zone 10 members came together for another search and rescue drill in their neighborhoods. 12 participants found "CERT Drill" signs with rescue scenarios to discuss. When one team found a (hypothetical) disaster, they called in to the IC to ask for help. We called for assistance from Fire/Rescue, helicopter transport, and FPL – just like we might have to if this were an actual situation. We also printed and laminated maps of our zone to facilitate our searches. On July 1, there was an airport safety class given by **Kim Singer**. At this class, we split into three vehicles for a driving tour of the entire airport property, assisted by our CERT radios so that we could all hear Ms. Singer at the same time. Then we got an amazing tour of the tower!

Frank Correggio taught the Triage and Patient Assessment class on July 15. It was a great way to refresh our training and discover new things that we can do to help survivors of a crisis. One of the things that Frank reminded us was that, "to treat people, leaders need to have CONFIDENCE, COMPETENCE, and COMPASSION". Because we "triage, treat, and then transport", the three C's seem like the heart and soul of our CERT response. Next, in the First Aid course that **Frank** taught on August 5, a major concern in rendering our help is discovering the survivor's "mechanism of injury". In other words, we need to find out why that person hurts (was it from a fall?). We learned that in a hip fracture, we might see outward rotation of the affected leg. In a hip dislocation, in contrast, we might see inward rotation of that leg. We should immobilize a fracture from the joint above the fracture to below the joint below it, then check the patient's sensation beyond our splint. **Trauma Hawk** landed at the Boca Airport on September 9th, and showed us how they work, and how CERT members can work with them. On September 30th, Mike Brown from FPL demonstrated the six ways that we can protect lives from high voltage electricity (when in doubt, stay at least 18 feet away from lines or other sources of power). **Captain Norm Engel** taught the Advanced Cribbing class on October 15. This is a great life-saving skill, and team work is essential. **Division Chief Scott Johnston** brought the magic of ropes and knots to us on October 27th. All of us left with a new skill that could quickly be used to rescue, or to move difficult or heavy objects.

We have so many interesting members of CERT who each bring important dimensions to our team. For example, **Rhonda Lesniak** (Zone 5) has spent the summer working with children and nursing students both here and in Uganda. She has had wonderful adventures and has brought her nursing and teaching talents to many new friends, and she's working on her PhD! **Trevor Misisco** (Zone 8) and **Susan Breece** (Zone Boca West), in coordination with **Gloria Zimmerman** (Area Agency on Aging), helped us to acquire 6,000 "I'm OK / I Need Help" door hangers for CERT members (after City approval). **Clem Storch** (Zone 11) and **Nicola Zordan** (Zone 2) have added an FRS radio check availability to our weekly CERT Net so that more of us can keep lines of communication ready. All of our Team Leaders need to know what skills **you** enjoy and can share, so that this information is ready on our disaster plans. Please let us know because EVERY CERT member is greatly important!!!!

Stay safe,
Dana Galloway
Boca Raton CERT Co-Team Leader Coordinator

CERT Pic's .....*"Here I am"*

It's Great To Be Home

By Dr. Mike Davidson

C'est buono essere a mia casa! (It's great to be home!)

After four months in Italy there's nothing like coming back to the "good old US of A" and particularly, to our beautiful piece of it in Boca Raton.

Living in Gaiole (a little village in Tuscany between Sienna & Florence) and teaching Emergency Medicine at the University Hospital in Siena certainly was a blast.

Very little English was spoken in Gaiole and not much more by the Emergency Medicine (EM) Residents in my class, so my language skills were tested and, hopefully, markedly improved during the duration of my stay. While I had been to Gaiole several times in the past, it was not until this visit that I seemed to have been accepted into the local community and not thought of as just another straniero (stranger) or turisto (tourist). The friendships I made among the local Gaiolese, along with some ex-pats, culminated in a surprise going- away party hosted by my new best friend, Riccardo, and his beautiful senorina, Angela, who owned a wine bar in the piazza.

My class at the University Hospital consisted of former Residents in Surgery, Peds, Internal Medicine, and Anesthesiology, who were part of a new program in Tuscany to develop "EM" physicians, similar to the origins of our specialty in the U.S., back in the 1970's.

While the ER's patient population was a familiar mix of trauma and chronic medical conditions (heart disease, pulmonary disease, diabetes, etc), the lack of modern equipment and facilities limits the scope and quality of medical training. In addition, medical teaching in Italy is much more conservative than in the States. One of my students – Ester P. – completed a six year surgical residency but had only performed a few appendectomies and two gallbladder removals over the entire course of her training. That's why so many medical and surgical residents are all trying to get into the U.K or U.S to enhance their clinical skills and experience.

Now that I'm home, I'm anxious, once again, to get back into my "teaching mode" here in Boca and re-establish my ties with Boca Raton Fire Rescue and CERT. Over the next several months, Frank Correggio and I plan on putting together some continuing ed programs that we hope you will find interesting as well as useful. And I look forward to seeing all of you again at our next CERT activity.

Ci vediamo (we will see each other soon).

Mike Davidson, M.D.

Gaiole in Chianti town tuscany **Italy**

Welcome New CERT Members

In August Woodfield Country Club sponsored a class for its residents and workers. Captain Norm Engel and Firefighter Frank Correggio taught twelve students from Woodfield. The Country Club took care of all expenses and in October the new graduates were added to Woodfield's CERT member list.. We want to welcome our new members into our CERT family and say thank you to all who participated. A special thank you to Woodfield for your help and support with the CERT program.

Back Row (L-R) Dan Elchert, Director of Golf Course Operations, John Pezzlo, Captain Norm Engel, Steve Butler, Eben Molloy, Assistant General Manager, Larry Savvides, General Manager
Front Row (L-R) Joyce Turner, Sid Turner, John Ury, Brenda Levbarg, Felice Ofsie, Dave Gordon, Chief Engineer.

CERT
COMMUNITY EMERGENCY RESPONSE TEAM TRAINING
Boca Raton Fire Rescue
C.E.R.T.

Community Emergency Response Team

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

Team Leader Coordinators

Ken White
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512-771-5333

Dana Galloway
magical1@bellsouth.net
561-361-9948

Nic Zordan
nicola.zordan@certbocaraton.com
561-620-4868

CERT Members Are Always Smiling !

Jay Bell and Barbara Kasser

Continuing Education

Will Resume In January
See Pages 6 & 7
For Upcoming Classes.

VISIT OUR *NEW* WEBSITE — http://www.certbocaraton.com

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

Mark Your Calendars

Team Leader Meeting

Wednesday, November 18th, 2008

7-9 pm

at 6500 Congress Ave.