



STERLING HEIGHTS CERT NEWSLETTER

Volume I, Issue II

Fall, 2012

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CPR Training and More

The Sterling Heights CERT team is engaged in CPR training that is expected to be completed by late Fall, 2012.

Yet, according to CERT Liason Sgt. Glenn French of the Sterling Heights Police Department, there is much more CERT training to come.

“When we finish the CPR training we will begin Advanced First Aid & Survival Training,” stated French.

“The Advanced First Aid & Survival Training will be a critical asset in the event of a large scale natural disaster such as the Joplin, MO Tornado where Emergency Services were overwhelmed and relied heavily on CERT members for assistance.”

CERT members will be trained in the following skills:

- Shock
- Hemorrhage control
- Burn treatment
- Extremities injuries
- Rescue & Extraction techniques
- Cold & Heat-related injuries.
- Frost Bite Treatment.

Additionally, with the assistance of Ron Lagocki of the Harrison Twp CERT, Sterling Heights CERT is in the process of training on the Macomb County’s CERT trailer, learning how to operate the generators, various tools and how to properly tow and set up the trailer in the event of an emergency.



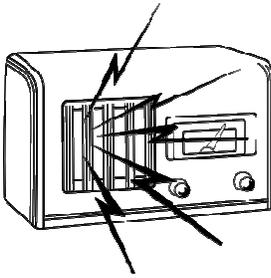
Linda and Paul Hunkele practice infant CPR

New CERT Trailer Acquired

The owners of **Utica / Van Dyke Service** recently continued their history of supporting the Sterling Heights community by donating an Emergency Response Trailer to the Sterling Heights CERT Team. The trailer will provide the team with a valuable asset that enhances our ability to be effective in times of need. We are currently developing a strategy to outfit the trailer and are grateful for the generosity of Utica / Van Dyke Service.



Sterling Heights CERT On The Radio



Sterling Heights' CERT made its radio debut recently as team member Nick Najjar brought in Team Coordinator Bill Thiel for an interview on his Arabic-language radio show which airs Wednesdays at 1PM on 690AM.

Mr. Najjar's show concerns real estate and the law.

"Nick is an interesting fellow. He worked for the F.B.I. after 911. He also did (an) 18 month tour of duty with the army as an Arab interpreter in Iraq. Since I had never been on

the radio before, I spent two days preparing for a half hour radio show. It was interesting. I'd talk about CERT and he would translate what I said into

Arabic" Thiel stated.

Thiel and Najjar spoke about all aspects of CERT.



"Having a record of who did what and for how long has a direct impact on our funding."

CERT Volunteer Hours = Money from Macomb County

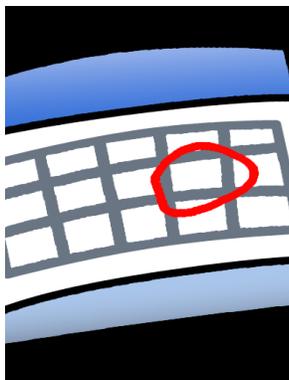
Should you volunteer for *anything* CERT-related, please be sure to send a note to CERT Team Historians Don and Ruthann Schinzing. The volunteering could consist of classes, conferences or CERT events you have participated in, such as the recent CPR training, CERT trailer training, or out-of-town CERT events.

Sergeant French has to report each month on team activities. Having a record of who did what and for how long also has a direct impact on how much money Sterling Heights receives for the CERT program from the county.

CERT Certification Request

Ruthann and Don are also

attempting to compile information regarding our CERT certifications from taking the on-line FEMA classes, as well as any other related certifications such as CPR/AED, etc. This will help us to make sure everyone has the same level of training, and it will also help in making assignments during an emergency.



Mark your calendars!

Arcs & Sparks, Search & Rescue Training

Arcs & Sparks: This training is for our upcoming mission of supporting the Sterling Heights Fire Department in ensuring the safety of the public in a downed wire event. Each class is approximately one hour long, and you need only attend one of the sessions, all of which will be held at Fire Station #1

(Van Dyke/17 Mile Road). Sessions start at 9AM and 1PM on Tuesday, November 6, Wednesday, November 7, and Thursday, November 8.

If you have not already signed up for a session, please contact Bill & Dianne Thiel via the CERT email: cert@sterling-heights.net.

Search & Rescue: The Harrison Twp CERT team will be hosting optional outdoor Search & Rescue Training at their location. This training will take place during the evening of Thursday, October 25, running from 5:30PM to 10PM. The address is 29680 Ballard Ave, Harrison Twp, MI 48045, at the corner of Ballard & Jefferson. **Dress warm.**

Region 7 CERT Training in Grayling, MI

On September 21st and 22nd, CERT Members Ken Baron, John Anklem and Bill Thiel attended advanced CERT training on the grounds of Fort Grayling, in Grayling, Michigan, approximately 3 hours north of Sterling Heights. The training topics were "Drugs & Explosive Devices" followed by a team building exercise on Saturday.

Police K9 Officer David Rodriguez, along with his dog, Edo conducted the lecture. Edo is trained to 'sit' when in the presence of drugs, a skill which he demonstrated for the class. Rodriguez also discussed bombs made of everything from black powder to peroxide.

Officer Steve Porter lectured on Methamphetamine. He showed pictures of meth labs in motel rooms, the trunks of cars, and trailers, explaining how dangerous these labs can be. During the lecture he explained how meth typically took 24 hours to make when criminals first started doing so, but explained that this time has been reduced to one hour and can be accomplished in a 2 liter pop bottle. He stated that the pop bottle meth labs tend to explode quite often.

On the following day, Saturday, the group was broken up into teams and put through several exercises. The most difficult exercise involved all but one of the team being blindfolded. The sighted team member had to lead the rest of their team through an area without touching "bombs", which for training purposes were simulated with balloons.

Our time there was well spent. We learned a lot and made new friends.

—Bill Thiel



CERT members lead each other through a simulated bomb field during a team building exercise.

Member Background: Sin Ng

I am so grateful to have joined Sterling Heights CERT back in April, 2008. Before CERT, I had volunteered in events throughout Macomb and Wayne counties, but I had never found that "home" feeling. However, Sterling Heights CERT gives me that feeling I was looking for.

Recently I have also volunteered in events and attended training seminars offered by two great CERT organizations outside Sterling Heights, but Sterling's CERT is still the one that I feel is my "home", and the volunteers I have met here are like family to me.

Sterling Heights CERT is so important to me. It has become part of my life, changed my life journey and has led me to pick up my childhood career goal again as a law enforcement officer!

—Sin Ng

As part of a recurring series, the Sterling Heights CERT Newsletter will feature a bio on a different CERT member in each issue. If you would like to be the next featured CERT member, send your 100-word write-up to geoff.gariepy@gmail.com, with a recent photo.



CERT Assists Sterling Heights, Warren Special Response Teams

On September 5th, Sterling Heights CERT participated in a joint training exercise with both the Sterling Heights Special Response Team and the Warren Special Response Team. The SRT and CERT members spent half a day together training on various tactical problems, including an "active shooter" scenario played out in the Warren Cinemark Movie theater, as well as a hostage negotiation scenario at the site of a closed restaurant. The Commanders from both SRTs were very grateful for the realism that the members got from having so many CERT participants involved in the training, which attracted the attention of local media.

CERT members witnessed first hand the tactics used by the professional responders to search for suspects, assist victims, and negotiate potentially violent situations to a peaceful resolution.

Approximately 40 members from the Sterling Heights and Warren CERT teams participated in the training, with the Sterling Heights team lead by Bill and Dianne Thiel, and the Warren team lead by Kevin Furgal.



STERLING HEIGHTS CERT TEAM

Emergency Manager

Cpt. Thomas Fett,
Sterling Heights Police

CERT Liaison

Sgt. Glenn French,
Sterling Heights Police

CERT Team Coordinators

Bill & Dianne Thiel

Assistant Team Coordinator

Geoff Garipey

Treasurer

Debbie Swientoniowski

Secretary

Sin Ng and Joyce Tye

Public Relations

Joyce Tye

Historians

Ruthann & Donald Schinzing

CERT—The Greatest Good For The Greatest Number



From left: Nick Najjar, Joyce Tye, Ruthann Schinzing and John Anklam staff the CERT table at the recent Fire Department Open House.

CERT Tip

Families should make emergency plans to prepare for natural disasters. Ready.gov has a wealth of information on how to put such plans together!

Is your vehicle ready for Winter?

It's already late October in Michigan, and although it is typically a month or so before the snowflakes fly, it is not impossible to find yourself in a winter driving situation by the end of the month. Is your car ready for Winter?

Remember, tire pressure drops with the onset of cold weather, sometimes lowering the inflation level dangerously. Make sure your vehicle's tires are fully inflated to manufacturer specifications, which can usually be found on a sticker affixed to the driver's door jamb or the owner's manual.

While you're checking tire pressure, it's a great time to ensure the spare tire is also correctly inflated and ready to go, and that the jack and tire iron are stowed safely.

Be sure you have snow brushes

and ice scrapers handy for those frosty mornings and top off the windshield washer fluid reservoir as part of your pre-season checkup.

Is your car's scheduled service fully up to date? With the potential for severe weather conditions approaching, now is the time to take care of any maintenance you have been deferring. At minimum, turn on your headlamps and four-way flashers and take a walk around the vehicle to verify all lamps are lit.

CERT members know well the importance of proper preparation. Having a small tote in your vehicle's trunk with some emergency supplies in case you are trapped in a snow storm is highly recommended.

Be sure to include: a jar candle

and waterproof matches, blankets, extra gloves or mittens, scarfs and hats, a bathroom towel, some emergency rations including both food and water, any necessary medication, flashlight with spare batteries, charging cord for cellular phone and a collapsible snow shovel.

If you are involved in a minor accident it is safest to move all accident vehicles to the side of the roadway and step well away from them while exchanging information with other drivers. Should another driver lose control while you are outside of your car you do not want to be standing near the roadway.

Remember to drive safely, within your and your vehicle's abilities and *buckle up!*