



THE GREEN HELMET

Neighbors Helping Neighbors

APRIL 2024

CELEBRATING OUR 20-YEAR JOURNEY



FAIRFAX COUNTY

CERT

COMMUNITY EMERGENCY
RESPONSE TEAM

Sponsored by
Fairfax County
Fire & Rescue



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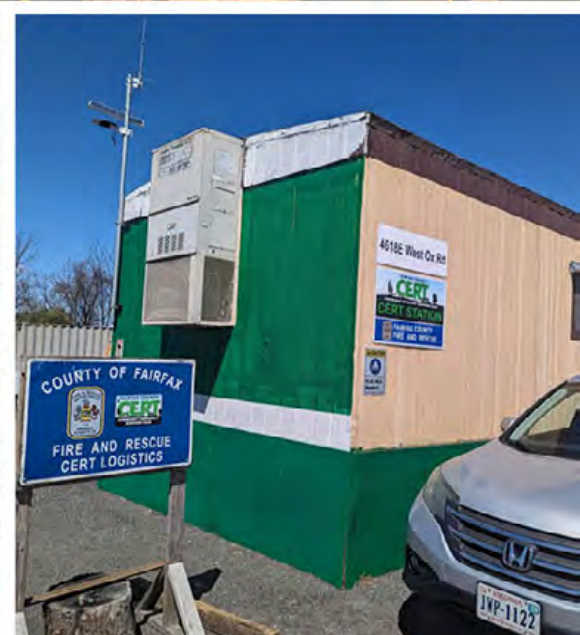
Fairfax CERT Celebrates 20th Anniversary

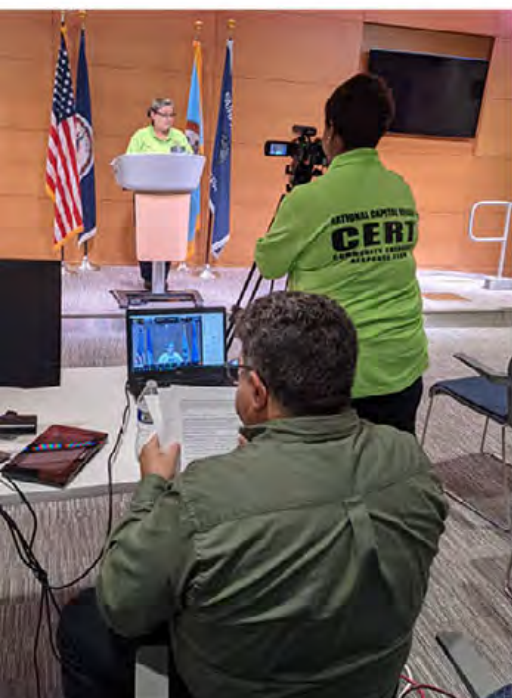
December 2003 - March 2024

Julie T.

Fairfax CERT class 1 started in December of 2003, graduating in 2004. We are celebrating our 20th anniversary this year. Here are a few pictures from a variety of years and events.









20th
Anniversary



JOIN US FOR A PICNIC

Let's celebrate together 20 years of CERT!
Join us at Burke Lake Park for burgers & hot
dogs, other picnic food, activities & surprises!

19 MAY 2024 | AT 11 AM - 3 PM

7315 Ox Road, Fairfax Station, VA 22039 - Shelter B

RSVP / Sign up at:
<https://bit.ly/CERT20Picnic>



Potluck Food Safety

Tips to Keep Everyone Safe

Ginny K.

Don't put yourself, family and friends at risk at your next potluck gathering. Here are some tips to keep everyone safe.



Preparation

- ▶ Wash your hands thoroughly with soap and water before and while preparing food
- ▶ Don't cross contaminate - use one cutting board for raw meat and a separate one for fruits, vegetables, and other ready-to-eat foods
- ▶ Never use leftover marinade that has been used for raw meat, poultry or seafood
- ▶ Cook food to the correct internal temperature
 - Beef, pork, lamb and veal (steaks, roasts and chops): 145°F (63°C) (with a 3-minute rest time)
 - Ground meats (including burgers and hot dogs): 160°F (71°C)
 - Whole poultry, poultry breasts and ground poultry: 165°F (74°C)
 - Fish: 145°F (63°C)
 - Use a food thermometer to check for doneness
 - For more information check out the FDA website

Danger Zone

- ▶ "Normally, perishable foods can only be left out for two hours before they need to be chilled or discarded - That keeps your food out of the "Danger Zone" for too long" (CDC)
- ▶ The Danger Zone is when food temperature is between 40°F and 140°F.
- ▶ If the temperature outside is above 90°F, food should not be left out for more than 1 hour

Cold Foods

- ▶ Keep cold foods cold for as long as possible before putting them out on the table
- ▶ Pack in a cooler with ice, gel packs, or frozen water bottles
- ▶ Use an appliance thermometer to be sure the food is kept 40°F or below
- ▶ Pack the cooler tight with food, filling with ice or even frozen food
- ▶ Use a separate cooler for beverages so that you are not opening the cooler with perishable foods
- ▶ Keep coolers in the shade

Wash Your Hands!

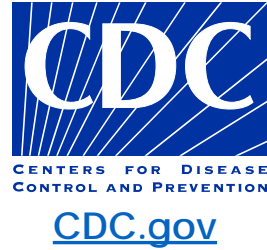
Be sure to wash your hands or use hand sanitizer before making your plate and sitting down to enjoy your meal.

After the Event

- ▶ Refrigerate leftover foods at 40°F or lower within 2 hours of removing it from an unsafe temperature (1 hour if above 90°F.)
- ▶ Don't hesitate in throwing away food that may have been left out too long
- ▶ Reheat leftovers to at least 165°F before consuming

For more information:

Type in "Food Safety" on their websites' search bar



New Canteen Vehicle

Supporting Fairfax County's First Responders

Julie T.



The CERT Association has purchased a new to us canteen vehicle from the Greater Springfield Volunteer Fire Department. Our CGM is an older vehicle and will only be maintained by the county as long as it doesn't have major problems. We needed to find a reliable vehicle that the county would support. We were preparing to fundraise for a vehicle when an opportunity came up to purchase Springfield's canteen unit. Thanks to a loan from the Franconia VFD we were able to purchase the vehicle, but now we have to do some fundraising.

The new canteen is currently in the shop getting exterior redone with customized CERT information. But, it has already been out in service. We can continue to use the CGM for other activities such as a mobile command center, communications hub, and outreach and training support.

You can help by encouraging your friends and neighbors to support our canteen either through our gofundme:
gofundme.com/f/canteen-vehicle-to-support-first-responders

Or at our CERT-Canteen Square Site: cert-canteen.square.site

Are you interested in joining the canteen crew? Want to know more about it first?
Zoom Meeting May 3rd at 3pm | Canteen training on May 9th and May 17th
Contact: CERTCanteen@FairfaxCountyCERT.org



Fairfax CERT Association

Updates & How to Help

Julie T.

If you have not yet joined the Association, visit: <https://fccertva.square.site/membership>

How Can You Help?

- ▶ Let us know if you see grants we might apply for or other fundraising opportunities
- ▶ Contact any board member at Board@FairfaxCERTAssociation.org
- ▶ Serve on the budget committee. Contact Treasurer@FairfaxCERTAssociation.org
- ▶ Serve on the nominations committee. Contact President@FairfaxCERTAssociation.org
- ▶ Consider running for a board seat

Donate:

CERT Association General Donation

Visit: <https://fccertva.square.site/donation>

Order Uniform Polos, Hat, Beanies, and Name Tags:

To Order Online Visit: <https://fccertva.square.site/uniform>

Or Download Order Form and Bring to a Program Meeting:

https://drive.google.com/file/d/1khQxz-HDeJiTg9z2EAIOPmbDOS9WpOQK/view?usp=drive_link



Support **CERT** with **FREE Pizza!** Fairfax CERT Association Fundraiser



Papa John's *Pizza Discount Card* \$15

Good for unlimited *buy-one-get-one-free* pizzas at DMV stores
Works for ANY amount of pizzas per order/multiple orders

Valid for one year!

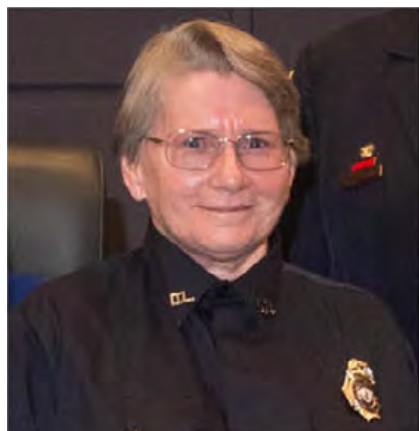
Purchase of a pizza discount card supports our
Fairfax CERT Association!

(What is CERT? <https://fairfaxcountycert.org/>
<https://fairfaxcertassociation.org/>)

Scan/visit link to purchase online.



<https://bit.ly/certpizza>



It was a dreary, wet and cold day when my fiancée Marcia and I first ran into our fellow CERT member Char Silberstein. We had volunteered to man the CERT outreach table for the annual Fairfax County Fire Department open house at the Dunn Loring Volunteer Fire Station #13. We found a dynamic leader who was briefing her fellow firefighters in their large equipment garage. Her upbeat attitude and demeanor inspired our fellow volunteers to greet and welcome the many residents who came out to see the fire house and touch the fire trucks and ambulances. Char epitomizes the definition of 'servant leader'. I hope you enjoy reading this interview that gives a sense of her background.

Green Helmet: What's your current role within CERT?

Char: I'm a ten-year member of CERT and currently the CERT Canteen Coordinator; member of the CERT Program Leadership Council; and graduate of Class 80 at the FRA.

Green Helmet: What is your current role in the Fire Dept?

Char: I am an eight-year Administrative member of Dunn Loring Volunteer Fire and Rescue Department (DLVFRD) Company 13. I was recently elected to the Board of Trustees as a three-year Trustee. I have been Lead for our Fund Drive the last two years. I've served as Lead for Operation Santa for the past five years and have been a Bingo Crew Leader for seven years.

Green Helmet: What past positions have you filled?

Char: I was the CERT Outreach Lead for five years and sat on the Leadership Team. I served two consecutive terms as Secretary for DLVFRD as well.

Green Helmet: Can you elaborate on them?

Char: I was made Outreach Lead only two months after I finished my Basic class. It was a position that needed filled. I had a passion for all I was learning in CERT so Leadership thought it was a good match. The funny thing was I really had no desire to do it nor thought I'd be good at it. I started with nothing but a passion for the program as there wasn't an Outreach Lead at the time.



Green Helmet: Who or what inspired you to start Volunteering?

Char: I really don't know the answer to that. I have been volunteering my whole life. From telethon's to animal rescue organizations; from playing the Dr. Bear character at Childrens Hospital for ten years to playing Sparky for the Fire Department; Kiwanis International to the Business & Professional Women's Organization; and currently from the Fire Department to CERT - it seems I'm always volunteering.

Green Helmet: What do you find inspiring and rewarding about this work?

Char: I find the opportunity to learn the most inspiring & rewarding. Whether it's any volunteer organization I find I am learning and therefore growing at every stop. The personal betterment I receive from giving is unvaluable to me.

Green Helmet: Can you give us any "war stories" that highlight the work you do with CERT or the Fire Dept?

Char: I have a couple great examples of why the "buddy system" is so important in both CERT and Fire. The first one was two of us going to the restroom at Celebrate Fairfax one year when we came across a woman standing alone who was choking. Together we were able to help her without the incident escalating. The other, with the Fire Department, was when a member broke off on his own during Operation Santa and was almost seriously hit by a car. There's a reason for the buddy system and that's why both CERT and Fire take accountability so seriously.

Green Helmet: What are some memorable courses/training taken you recommend beneficial to CERT members?

Char: This a tough one, as there have been so many opportunities for FREE training within CERT over the years: Ropes & Knots; Compass & Orientation; Amateur Radio; Cribbing; Triage; TEEX courses; FEMA courses; Animal First Aid & CPR; Metro, WMATA, & VRE; the World Police & Fire Games. I could go on and on.

The best thing about the training CERT brings is you can use it every day in your personal daily life. Whether you travel for work or pleasure; camp or hike; watch children or have your own grandchildren; the opportunities CERT offers for learning in a no-fault environment is exceptional and invaluable.

Green Helmet: Can you give suggestions for members who want to get more involved in CERT?

Char: Just sign up!! Be it a Basic class or continuing education training - jump in! Where else can you get FREE training, a backpack full of supplies and all the knowledge you want - no strings attached - Nowhere!

Yes, we would love for you to hang around, learn more, and gain the confidence to become a leader but that's totally up to you. Any other organization asks what can you do for ME? CERT asks what can we do for YOU?

Green Helmet: Any biographical info that would be of interest to our teammates?

Char: I initially came to CERT using a walker full time in hope of learning how I could help first responders help me and my husband if something bad happened. But as each class progressed, I built more confidence in my abilities and became stronger with each exercise. I will always be disabled and will face challenges, but I have learned how to live within my limitations and found new abilities thanks to both CERT and the Fire and Rescue Department.

Disabilities in Disaster

How to Plan and Support

Julie T.

FEMA Independent Study Course IS 368.A: Including People With Disabilities in Disaster Operations

I took the new FEMA independent study course IS 368.A, Including People With Disabilities in Disaster Operations to see what it was about. It had a fairly lofty list of goals including how to integrate people with disabilities in disaster response. Since a lot of the course was spent on responsibilities of specific FEMA positions, so I wouldn't recommend this as a must take course for CERTs. It did make a few good points though. One of the big points was that people with disabilities should be involved in the planning for and participating in all stages of disasters (mitigation, preparedness, response, and recovery).

Our program has had some targeted classes for specific disabilities (hearing impaired and autism). If you have neighbors, coworkers, or family members with disabilities, a good time to think about where or how they fit into your local response is before a disaster strikes.

Learn More: <https://training.fema.gov/is/courseoverview.aspx?code=is-368.a&lang=en>



ASL Class for First Responders

During January and February a group of CERTs and FRD volunteers attended a weekly ASL class. It was both fun and potentially useful. We learned ASL signs for things we would typically encounter in a disaster or emergency. This class was somewhat different than a lot of intro to ASL classes due to this focus. We learned a lot of signs related to patient assessment, as well as some signs to help with directing patients (leave, I'll be back). We had several ASL using volunteers who helped out in the class so we could work in smaller groups. One of these was our former CERT instructor, Jonathan K! He was a great addition to the class, helping us figure out what things we might need to ask such as permission to treat a victim. Another concept in the class was that not all hearing impaired people will want you to use sign language. We received a picture chart with some typical assessment questions. I've included links to some similar charts. Some people may want to write back and forth. Without a lot more ASL study, we are still just a quick fix until interpreters can be found, but this class definitely gave me another tool to help in an emergency.

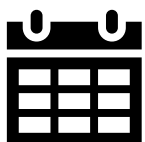
Another concept is that we frequently found we didn't know words we wanted, but could also fall back on finger spelling them. With this concept, you could take any ASL training that you want augment it by looking up sign on the internet (most people found that videos of signs were easier to learn from than pictures).

Emergency Communication Boards

- ▶ <https://techowlpa.org/wp-content/uploads/2023/07/Emergency-Communication-Board-5x11-1.pdf>
- ▶ <https://techowlpa.org/wp-content/uploads/2023/07/Emergency-Communication-Board-5x14-1.pdf>
- ▶ <https://widgit-health.com/downloads/paramedic-board.htm>
- ▶ <https://disabilities.temple.edu/assistive-technology/emergency-communication-aac-vocabulary/free-downloadable-emergency-communication-aids>

Save the Date

2024 NATIONAL CERT CONFERENCE



DATES:

July 23 - 26, 2024 *

*Possible Exercise on Saturday, July 27th



LOCATION:

Walter E. Washington Convention Center

CONFERENCE HIGHLIGHTS:

- ◇ Meet & network with other CERT Leaders from across the US
- ◇ EMI L deliveries of CERT Train-the-Trainer and Program Manager
- ◇ CERT Master Instructor course
- ◇ TEEX Training
- ◇ Additional training courses

WHY YOU SHOULD ATTEND:

- ◇ Training Opportunities
- ◇ Professional & Personal Development Opportunities
- ◇ Learn how to make your CERT program more inclusive
- ◇ National CERT Conferences only happen once a year!

EARLY BIRD REGISTRATION (REGISTER BY JUNE 14, 2024) \$300

50% discount for any CERT that volunteers at the conference
(Details for the discount to be announced.)

SIGN UP TO RECIEVE UPDATES ABOUT THE CONFERENCE:

<https://www.surveymonkey.com/r/2024NationalCERTConferenceEmailList>



For more information about the
2024 National CERT Conference,
visit <https://www.nationalcert.org/>



Conference Registration will open soon

CERT Station Upgrade

An Ongoing Project

Charlie H.

As part of the ongoing project to provide a dry home for our new canteen; container number three was rotated 90° and moved the correct distance from container number two. Sunday, April Seventh a industrious work crew gathered to skirt the two big containers to keep the local residents out. With support from Jeffrey and his Bobcat skills the crew was able to move several cubic yards of blacktop millings and seal the underside of the containers.

Much thanks to all that came up to make this happen and to Peggy for treats she made so we could replace the calories we burnt behind the shovels. The next step will be to install the framework that will support the canopy. We'll put a call out to some wrench benders and roof walkers when that occurs.



CERT Trivia Quiz

Test Your Knowledge

Alex V.

New April Trivia Quiz!

Answers in the July 2024 Edition of the Green Helmet

- 1 For a “size-up” search, which steps should be taken?
A) Establish priorities
B) Develop a plan of action
C) Evaluate progress
D) All of the above
- 2 For a victim assessment, which steps are part of the ‘START’ first aid checks?
A) Airway/breathing
B) Bleeding
C) Shock
D) All of the Above
- 3 For medical assessment with a conscious victim, what is the first step?
A) Check for contusions
B) Document victim I.D.
C) Ask permission to treat
D) Check for swelling
- 4 Which is NOT a key CERT concept?
A) Never work alone
B) Maintain a span of control
C) Try to get victims out of a flooded river
D) Never operate in a HAZMAT situation

Answers from January’s Green Helmet Trivia Quiz

- 1 In order to prepare for disasters, CERT members should have separate emergency kits for:
ANSWER: D) All of the above - Shelter-in-place situations at work, Home, and Vehicle
- 2 To prevent house fires when using wood stoves and fireplaces, what safety precautions should be followed?
ANSWER: D) All of the above - Use a sturdy fireplace screen, annual chimney inspection, & chimney cleaned when necessary
- 3 To prepare for disasters, CERT members should have how many days of supplies and water for each family member, and their pets?
ANSWER: C) At least 3 days
- 4 Fairfax County’s emergency alert system (Fairfax Alerts) allows participants to customize their preferences by:
ANSWER: D) All of the above - Up to 10 devices, 5 geological locations, and weather, traffic, and emergency alerts

CERT Word Find

Find Words Used in this Newsletter

Kelly O.

Find the following words hidden below:

- ▶ Canteen
- ▶ CERTCON
- ▶ ASL
- ▶ FEMA
- ▶ Disabilities
- ▶ Disaster
- ▶ Actors
- ▶ START
- ▶ Anniversary
- ▶ Picnic
- ▶ Food
- ▶ Donate

D	R	X	O	J	C	A	Z	D	R	L	A	R	F	W	Y	D	P	Q
I	B	P	I	U	R	Z	Q	H	O	C	T	G	H	E	A	O	W	L
S	P	I	C	N	I	C	V	S	I	A	Y	L	M	N	M	N	S	P
A	Q	U	Z	Y	I	P	R	T	M	N	G	O	A	H	P	A	G	U
S	D	F	G	H	J	O	K	A	L	T	Z	X	C	V	B	T	N	M
T	Z	X	C	V	T	B	N	R	M	E	Q	E	R	F	T	E	Y	U
E	I	O	P	C	A	S	D	T	C	E	R	T	C	O	N	F	G	H
R	Z	A	A	E	R	T	Y	U	I	N	O	P	A	O	S	D	F	G
H	J	K	A	N	N	I	V	E	R	S	A	R	Y	D	L	Z	X	C
V	B	N	M	Q	D	I	S	A	B	I	L	I	T	I	E	S	W	E

Know Your CERT Acronyms!

A Quick Refresher

Kelly O.

USAR

Urban Search and Rescue

Involves the location, extrication, and initial medical stabilization of victims trapped in a structural collapse.

CSM

Circulation Sensation Movement

Check patients capillary refill, ask if they feel sensation - such as touching their hand, and test their movement ability - such as asking them to wiggle fingers.

DCAPBTLs

Deformities, Contusions, Abrasions, Penetrations, Burns, Tenderness, Lacerations, Swelling

Physical examination for trauma patients.

IAP

Incident Action Plan

An organized course of events that addresses all phases of incident control within a specified time.

Do You Have Special Skills or Talents?

If you have vocational or recreational skills that might be useful to CERT, contact

Jeff Katz at

Jeffrey.Katz@FairfaxCounty.gov

Green Helmet Needs You!

Do you enjoy writing, research, photography, communications, PR?
Then join the Green Helmet team. Your skills are needed.

Contact: Newsletter@FairfaxCountyCERT.org

Follow us on Social Media • Go to our Websites

Social Channels

[@FairfaxCountyCERT](https://www.facebook.com/FairfaxCountyCERT)

Public Website

FairfaxCountyCERT.org

CERT Volunteer Website

CERT.FairfaxCountyCERT.org

May 2024

■ Training
■ Outreach & Comm Engagement
■ Operations/TCM
■ Planning/Meeting
■ Lead Meetings
■ Canteen
■ Fundraiser
■ Victim Actors
■ Not CERT Related (Holidays/Special Days)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Asian Pacific American Heritage Month Joint FRD and PD Training	2 CERT Training Division Meeting Joint FRD and PD Training	3 Joint FRD and PD Training	4 Incident Management Canteen Team Update - Meeting MASTER EXERCISE
5 Cinco de Mayo	6 Joint FRD and PD Training	7 Joint FRD and PD Training	8 Joint FRD and PD Training	9 Joint FRD and PD Training Canteen Team Training	10 Joint FRD and PD Training	11 Shelter Team Training
12 Mother's Day	13 Joint FRD and PD Training Class 192	14 Joint FRD and PD Training	15 Joint FRD and PD Training	16 Joint FRD and PD Training Class 192	17 Joint FRD and PD Training Canteen Team Training	18 Mclean Day Festival
19 Fairfax City Asian Festival CERT PICNIC	20 Joint FRD and PD Training Class 192	21 Joint FRD and PD Training Monthly Program Meeting	22 Joint FRD and PD Training Team Time Chat Virtual Monthly	23 Joint FRD and PD Training Class 192	24 Joint FRD and PD Training	25 CPR/AED/First Aid for CERT
26 CERT Radio Team Workshops	27 Memorial Day Joint FRD and PD Training Class 192	28 Joint FRD and PD Training	29 Joint FRD and PD Training Hands-Only CPR - Gwyneth's Hope	30 Joint FRD and PD Training Hands-Only CPR - Gwyneth's Hope Class 192	31 Joint FRD and PD Training	

June 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 LGBTQ+ Pride Month
2	3 Class 192	4	5	6 Class 192	7	8 Final Exercise for Classes 192 & 193 Incident Management
9 Maker Faire NoVa	10	11 CERT Emergency Preparedness Workshop	12 Class 194	13 CERT Emergency Preparedness Workshop	14 Flag Day	15 Surviving an Active Shooter Stop the Bleed CERT Emergency Comms TCM Training
16 Father's Day	17	18 Monthly Program Meeting	19 Juneteenth	20 CERT Radio Team Workshops	21	22
23 30 CERT Radio Team Workshops	24	25	26 Team Time Chat Virtual Monthly Meeting	27 Community Assessment	28	29

Save the Date
2024 NATIONAL CERT CONFERENCE

July 23 - 26, 2024



FAIRFAX COUNTY CERT LEADERSHIP

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FROM THE NEWSLETTER TEAM

While we all wish we had journalism degrees to use in the production of this newsletter, we don't. We are volunteers just like you. We appreciate your feedback and input. Look for our upcoming newsletter in **JULY 2024**

Do you have any questions you want answered? Have a story idea? Read a good CERT-related book you want to recommend? Want to contribute an item? Send them to us at Newsletter@FairfaxCountyCERT.org. Neighborhood teams – we'd love to hear what you are doing. Let us know!

More Contact Information
CERT.FairfaxCountyCERT.org/Contacts

Read Previous Editions of The Green Helmet:
CERT.FairfaxCountyCERT.org/Green-Helmet