



GREEN HELMET

Neighbors Helping Neighbors
October 2023

ARE YOU READY FOR AN ENCHANTING AUTUMN & A FROSTY WINTER?

FAIRFAX COUNTY

CERT

COMMUNITY EMERGENCY
RESPONSE TEAM

Sponsored by
Fairfax County
Fire & Rescue



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Chuck Luck

Forever Remembered

Chuck's Family & CERT



Captain Charles William

Captain Charles William Luck, 71, was called into the presence of the Lord on September 16, 2023 at Capital Caring Health in Aldie, VA, following hospice care at home with family and friends and medical care at Walter Reed National Military Medical Center. Having valiantly battled cancer that began in August 2022, he enjoyed a brief remission after completing an innovative and promising treatment at Walter Reed.

Born October 30, 1951 at University Hospital in Baltimore, Maryland, Charles was the son of the late William Morris and Jean Ruth (Ruff) Luck of Fallston, Maryland. He attended Parkville Senior High (1969), Harford Community College (1971), and completed his education at The Ohio State University (OSU) majoring in International Business Administration and Foreign Affairs (1974). At OSU, he participated in the Naval ROTC program and upon graduation was commissioned into the U.S. Navy as an Ensign. He married Kathy Hammons on December 22, 1973, beginning 49 years of marriage together.



Charles dedicated 27 years of his life as an officer in the US Navy (August 30, 1974 – April 1, 2002). His service included duty stations across the United States and abroad (Rota, Spain). He served as an officer on six ships, including the USS Barbey (75-78) as Navigator; the USS O'Bannon (81-82), Operations; USS Harlan County (83-84) as Chief Engineer; USS Sphinx (84-86) as Executive Officer; and USS Stump (87-89) as Executive Officer. In 1992 he began his service as the Commanding Officer of the USS Saginaw (92-94). His Naval career also included time with the Fleet Ocean Surveillance Information Facility (78-80), Chief of Naval Operations, Surface Warfare (89-92); Commander Carrier Group 2, Assistant Chief of Staff for Operations (94-97); and Headquarters Military Sealift Command, Washington D.C. (97-02). After retiring from the Navy as a Captain in 2002, Charles began his second career working on a variety of projects for R.M. Vredenburg & Co., American Management Systems and CACI International Inc. as a consultant supporting homeland defense and global security (2002 – 2017).

Charles is survived by his wife, Kathy Luck of Clifton Va.; children, Jason (Vera) Luck of Mebane, N.C. and Kristen Luck, of Gainesville, Va.; and grandchildren, Genevieve and Emelia Jean. He was predeceased by his parents.

Charles was a lifelong sports enthusiast and fan. In his youth, he enjoyed playing soccer and long board surfing, and as a father, he watched his son, Jason, play and coach high school football and his daughter, Kristen, play flag football, softball and basketball. He and Kristen attended and rooted for many of the professional sports teams in the greater Washington Metropolitan area. However, his love and passion for sports was most evident in the football and basketball programs connected to the three colleges that he, his wife, and two children attended. It was not unusual to find him and Kathy rooting for the Ohio State Buckeyes, the University of Virginia Cavaliers, and Duke Blue Devils all in a single fall Saturday as each team took to the gridiron, and into the winter and spring on the hardwood. Many a conversation was had about the possibility that all three would face one another in the college football playoffs or reach the Final Four.

One of Charles' great joys was being a grandfather and taking his granddaughters to the beach and neighborhood pool during their week-long summer visits. They looked forward to his elaborate Christmas decorations in the yard each year and annual drives to look at holiday light displays. He and Kathy loved to travel around the world and this often took place through cruises. His other hobbies included model railroading and taking his boat, Dream Chaser, out on the Chesapeake Bay with family and friends.

In his retirement, he devoted time to serving on missions trips and as a member of the men's group at Centerpointe Church, which he attended for 28 years with his family. He also devoted time to his local community, volunteering with the Fairfax Community Emergency Response Team (CERT).

The family will receive friends and family at Fairfax Memorial Funeral Home at:

9902 Braddock Road, Fairfax, VA on Friday, October 6 from 5-8 pm

A memorial service will be held on Saturday, October 7 from 10-11 am

A graveside service and interment will occur at a later date at Arlington National

Cemetery (ANC), Fort Myer, VA. To be notified of details for the service and interment at ANC please visit the following site: <https://forms.gle/Q9p9CZow7GwvLrCA7>

Memorial donations can be made to:

Chi Alpha Christian Fellowship at the University of Virginia (UVA) c/o Pete Bullette P.O. Box 5769
Charlottesville, VA 22905

Will be Forever Remembered within our CERT Family

Chuck, graduated with Class 125 in 2017, and was soon an active member of the Program and joined the Association. He was a valued member of our leadership team, and since 2019, serving as the coordinator for the regular CERT Graduation sessions, the Neighborhood Team Leader for Clifton, and the Outreach Event Lead for Clifton Day. You could also find him supporting our operational events doing traffic and crowd management for Fire and Rescue class graduations, the Fairfax Station Railroad Museum, and COVID food distributions.

Most recently, Chuck served as CERT support as a trained EVOC driver, assisted with canteen missions, and helped to compile a detailed orientation manual for new canteen trainees. He was on our list of vetted speakers and had given presentations about CERT and preparedness to a local church men's group.

Chuck was recognized by his fellow CERT peers as a recipient of "Celebrate the Good" campaign for 2023 Volunteer Fairfax Awards for his commitment and contributions to the CERT program. We will remember him fondly not only for his contributions but also for his gentle and soft-spoken leadership style.





Chuck L.

Fairfax County
Community Emergency Response Team

Fairfax County Volunteer Fairfax - Celebrate the Good Recipient

Chuck was one of our outstanding CERT volunteers who were recognized during the 2023 Volunteer Fairfax Service Awards. The following is the write up that was included with Chuck's award.

""You'll find Chuck L. year-round at several of our many events, from being the lead for the popular Clifton Day outreach, providing traffic and crowd management for graduations for the Fire and Rescue Department, and leading the monthly CERT graduate Orientation sessions. Chuck has taken on additional training on emergency vehicle operations to serve as driver for the CERT canteen vehicle to bring refreshments to our fire fighters. He's also a part of our amateur radio operator group.
Chuck, thank you for your service."

We Celebrate Chuck and His Spirit of Volunteerism

He donated his time and energy for the benefit of other people. He saw it as a social responsibility rather than requiring a financial reward. Chuck did this through CERT and we benefited from the privilege of knowing and working alongside him.

Fairfax County CERT Picnic

Saturday, October 7th

Community Engagement Team



Potluck Picnic

SATURDAY, OCTOBER 7
1 pm - 3 pm Lunch
3 pm - 5 pm Activities

**Looking forward to
seeing you
at Burke Lake Park,
Shelter B!**

Share Photos with
Marketing@FairfaxCountyCERT.org



CERTCON 2023

October 20-22

CERTCON

University of the District of Columbia
Student Services Building

October 20-22, 2023

CERTCON 2023

COMMUNITY READY :
NEIGHBORS HELPING NEIGHBORS



JOIN US FOR THE 12TH ANNUAL CONFERENCE

PRESENTED BY NCRCC AND SERVE DC

Saturday's programming will feature topics for everyone who wants to be prepared to handle emergencies and disasters.

CERTCON will also offer more specialized training for volunteers in emergency preparedness and response, including Medical Reserve Corps, Red Cross, Team Rubicon, Community Animal Response Teams, etc.

And on Sunday afternoon, we invite you to take part in a drill for a mass casualty incident. You can be part of a response team or be a victim-actor!

Some of the Topics For Saturday and Sunday Include:

- Be Prepared: Kits, Plans
- Communicating during disasters
- Fire Safety
- FEMA Be the Help Until Help Arrives
- Basic First Aid
- Mental Health First Aid / Suicide Prevention
- Disasterville (the game!)
- Weather Natural Hazards
- Utilities Hazards and Safety
- Volunteer & Career Opportunities
- Smart Stroke
- Active Bystanders for Active Attacks



For More Info Visit
www.certcon.org



GOVERNMENT OF THE
DISTRICT OF COLUMBIA
MURIEL BOWSER, MAYOR

Master Exercise

October 28th

Cory G.



Dust Off Your Packs, Check Your Batteries, and Grab Your Green Gear!

October 28, 2023 will be our master exercise at Lorton Workhouse Arts Center. This will be a tri-purpose event.

- 1 This will be the final exercise for CERT basic class 184.
- 2 This will be updated training for all CERT members on updated capabilities such as START, Medical Tracking, Documentation, and other areas members might not have used for a while.
- 3 And finally, this will be the Fairfax County CERT fall master exercise where we can and will use those skills to practice saving lives. This is a great opportunity to refresh and get back in touch with our program if you have been out or away for a while. Watch for signup information.

Master Exercise Links:

Fairfax CERT in a responder role:

https://volunteernow.volunteerfairfax.org/custom/1427/opp_details/188107

For all victim actors or as a responder from another jurisdiction:

<https://form.jotform.com/232758981818170>

Hurricane Preparedness

We're Not Out of the Woods Yet!

Cory G.

We are Still in the Middle of Hurricane Season

As we come on the heels of National Preparedness month (September), we need to remember that Hurricane season runs until November 30th. While the majority of the early hurricanes go up the Gulf coast, traditionally late season hurricanes go up the Eastern Shore. So later in the season is when we will have a better opportunity to be affected by a hurricane. This is a great time to bring out your packs, check their readiness, and do a once-over in preparation for any lingering hurricanes coming up the eastern shore and also getting ready for winter.

Med 1 Review

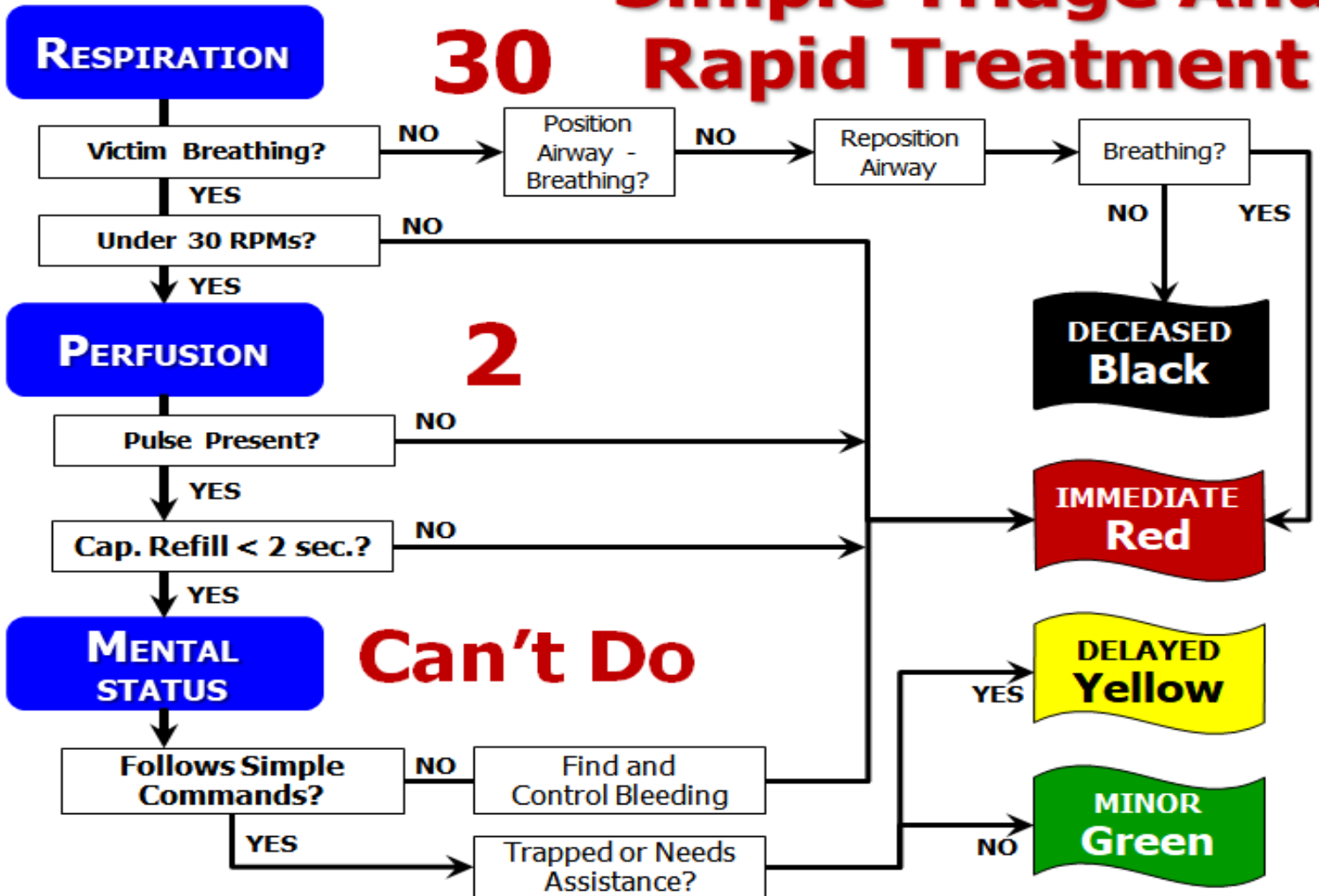
Unit 3: Disaster Medical Operations - Part 1

Training

START Decision Tree

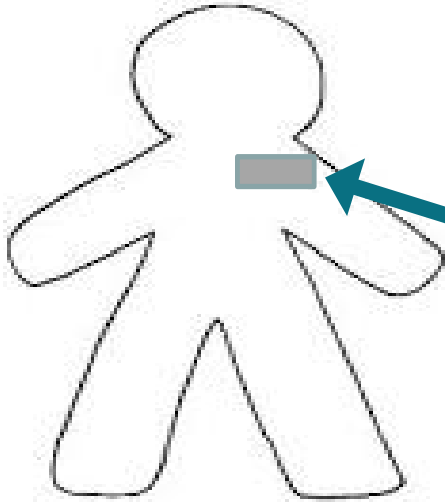
Simple Triage And Rapid Treatment

30



Victim Tag

T4 V3 RED



Tag Location:

- ▶ Upper Left Shoulder
- ▶ Easily seen on victim
- ▶ Clearly identifies that victim has been triaged, and by whom

Desktop

TAPE is overlapped to be removed as one - given to command.

T4 123 Main St. 1821

T4 V1 Apt 202 - BedRm / Heavy RED

T4 V2 Apt 101- Kitchen / burns YELLOW

T4 V3 Basement/ TRAPPED - BEAM RED

T4 V

Duplicates information from Victim Tag; includes additional information: ▶ Location ▶ Need for Additional Resources

Fairfax DEMS

Fairfax Alerts, Community Connect, Emergency Health Profile

Fairfax County

Fairfax County offers several resources to help residents stay informed and communicate important information to first responders during an emergency. Below are three resources residents of Fairfax County may utilize to help them be prepared and resilient during an emergency.



Fairfax Alerts: Allows residents of Fairfax County to sign up for free emergency alerts to be sent directly to their phone via text message or email. Residents who sign up for Fairfax Alerts will receive alerts and warnings if there is an emergency or potential for a public safety emergency in the area of one of the addresses they register in the system. Alerts can be customized to include traffic, weather, and community updates.

Sign up at: <https://www.fairfaxcounty.gov/alerts/>



Community Connect: A free, secure, and easy to use platform that allows Fairfax County residents and business owners to share critical information with first responders and public safety personnel. The platform has made it easy to know what information may be important by organizing the secure portal into buckets of information. Residents who sign up for Community Connect may enter information on the layout of their home or business, where the utility shutoffs are located, who resides in the home, information on disabilities or access and functional needs, and important information about pets (such as their name and favorite hiding place). This information is stored under the registered address and will only be available to first responders when emergency personnel are dispatched to a registered address.

The information entered in Community Connect is secure and is used only for the purpose of better serving residents during emergency situations. The information is never used for any other purpose.

Sign up at: <https://www.fairfaxcounty.gov/topics/alerts-and-emails>



The Emergency Health Profile: Is a free, voluntary database for residents to enter any relevant information on their mental health, developmental disability, pre-existing conditions, allergies, emergency contacts, and more. The information entered is registered under the phone number(s) entered in the user profile and is automatically forwarded to dispatchers if a call is placed to 9-1-1 from a registered phone number. Emergency communications dispatchers can forward the information to first responders to aid them in their efforts to help the resident who called 9-1-1.

The database will only be used for emergency or crisis response and not shared with any other county agencies or departments.

Sign up at: <https://www.fairfaxcounty.gov/911/emergency-health-profile>

Safety Tips

Halloween & Winter Driving

Ginny K.

Make Your Home Safe on Halloween

- ▶ Turn on outside lights
- ▶ Keep a clear path to front door – clear wet leaves, keep stairs clear, move vehicle over to make more room
- ▶ Don't use candles on porch or in jack-o-lanterns – use a glow stick or battery operated light
- ▶ Keep pets restrained



Prepare for Winter Driving

It is time to start thinking about preparing your vehicle for winter driving. Even if you are only driving locally, you should have some supplies just in case.

Always make sure that your vehicle maintenance is up to date, including your spare tire. Make sure that you have plenty of gas.

Some items to have with you:

- | | |
|--|--------------------------|
| ▶ Jumper cables or portable jump starter | ▶ Flashlight & batteries |
| ▶ Sand or kitty litter for traction | ▶ Ice scraper/snow brush |
| ▶ LED safety lights or road flares | ▶ Shovel |
| ▶ Tow rope | ▶ Blankets |
| ▶ First aid kit | ▶ Warm clothes |
| ▶ Cell phone charger (battery and cable) | ▶ Water & snacks |





Fairfax CERT Association

Julie T.

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
 - Positions open this year are: Vice President, Secretary, and Member-at-Large 1
 - Nominations will be in November with Elections in December.

We are in the Market for a New-to-Us-Vehicle

We are in the market for a new to us vehicle. We are beginning to raise money for this possibility.

Visit: <https://fccertva.square.site/vehicle-fund>

Donate:

CERT Association General Donation

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

Order CERT Shirts, Name Tags, and/or Hats:

Orders placed by Oct. 17th will be delivered at Nov. 21st program meeting. Use the order form on the next page or order online. **To Order Online Visit:** <https://fccertva.square.site/uniform>



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



Fairfax CERT Uniform Order Form

Or order online at fccertva.square.site/

Orders placed by Oct. 17th will be delivered at Nov. 21st program meeting

Item	Options	Cost
Short Sleeve Uniform Polo Short Sleeve Polo with CERT uniform logos printed in white. On the front left FRD logo with "CERT Volunteer". Fairfax County CERT on the back. This is a Port Authority Silk Touch Polo	<input type="checkbox"/> Small \$25 <input type="checkbox"/> Medium \$25 <input type="checkbox"/> Large \$25 <input type="checkbox"/> XL \$25 <input type="checkbox"/> XXL \$27 <input type="checkbox"/> 3XL \$29	
Long Sleeve Uniform Polo Long Sleeve Polo with CERT uniform logos printed in white. On the front left FRD logo with "CERT Volunteer". Fairfax County CERT on the back. This is a Port Authority Silk Touch Polo	<input type="checkbox"/> Small \$30 <input type="checkbox"/> Medium \$30 <input type="checkbox"/> Large \$30 <input type="checkbox"/> XL \$30 <input type="checkbox"/> XXL \$32 <input type="checkbox"/> 3XL \$34	
CERT cap Cap with hook and loop closure. Fairfax County CERT embroidered on front. Name on back (maximum 10 letters). Name:	<input type="checkbox"/> OSFM \$20 <input type="checkbox"/> Youth \$20	
Beanie (unlined) Knit beanie with Fairfax County CERT embroidered on front and name on back. Name:	\$18	
Beanie (fleece lined) Fleece lined knit beanie with Fairfax County CERT embroidered on front and name on back. Name:	\$20	
CERT nametag Nametag with CERT logo. Can include your choice of Name, CERT class number, zip code, call sign. Up to 3 lines.	\$15	
subtotal		
Tax 6%		
total		

Mail to: Fairfax CERT Association, c/o FRA, Room 122, 4600 West Ox Rd, Fairfax, VA 22030
 And notify treasurer@fairfaxCERTassociation.org to be sure order is processed in time

CERT Uniform Dress Code

Outreach/Community Engagement, Exercises, and TCM

Kelly O.

Did you know we have a dress code?

Certain events may have exceptions.

Talk to your event lead if you have questions.

Outreach/Community Engagement

- ▶ Green CERT shirt
- ▶ CERT name tag on your right side
- ▶ Khaki pants (Full length. No Shorts)
- ▶ Closed toe shoes



During Exercises

- ▶ Green CERT shirt
- ▶ CERT name tag on your left side
- ▶ Khaki pants (Full length. No Shorts)
- ▶ Closed toe shoes
- ▶ CERT Helmet
- ▶ Safety Gloves
- ▶ CERT High Visibility Vest
- ▶ Safety Goggles
- ▶ K95 or N95 Mask
- ▶ Knee Pads



Traffic & Crowd Management (TCM)

TCM events require that all volunteers have a uniform appearance and clear representation of Fairfax County CERT and the FRD.

The responsibilities associated with managing traffic and crowds stress safety, authority (limited) and visibility.

The new DOT Type 3 safety vests (see picture) provide high visibility, 360 degrees, in darkness and unusual weather conditions.

The TCM Traffic Safety vests are only issued and utilized for sanctioned events.



Traffic & Crowd Management

- ▶ CERT labeled shirt (T-shirt or polo)
- ▶ Khaki pants (walking shorts may be authorized by event lead)
- ▶ The new DOT Type 3 safety vest
- ▶ With long sleeves visible with the vest they should be either white, green, black, and hi-viz lime green/yellow.
- ▶ Soft headgear (CERT logo or plain green)
 - A brimmed soft hat (for sun protection) is optional
 - Hat color must be green, green/yellow (trim), or tan
 - Front logo must say CERT or Fairfax County CERT
- ▶ Raingear must be worn under the traffic safety vest
- ▶ For Winter weather a heavy coat or jacket may be worn (e.g., issued CERT Support hi-viz finger length coat) under the safety vest.)

NOTE: We are researching to find a suitable lightweight rain jacket (and pants) that we can recommend for TCM volunteers to purchase for themselves.

Community Engagement Division

A New Division in the CERT Org Chart

Julie T.

Watkins G. has stepped up to be the division lead with Kimberly S. as his deputy, and he has worked to define what this division is. This division will cover both outreach and "inreach." Outreach being our interactions with the community who are not yet CERT trained, and inreach being our interactions within our CERT trained community.

For inreach, we had a Disasterville night in August, and we have a picnic coming up.

This division covers things like Teams, Graduate Orientation, and Speakers Bureau. Marco Johnson will be the new Teams lead, and Jim McPheeters will be in charge of Graduate Orientation.

We have done many outreach events in the last 2 months.

Outreach has been Busy!

August 1	National Night Out
August 2	Ft. Belvoir Main Exchange
August 15	Ft. Belvoir Main Exchange for Class 184 recruiting
August 18	Ft. Belvoir Main Exchange for Class 184 recruiting
August 22	Ft. Belvoir Main Exchange for Class 184 recruiting
August 25	Ft. Belvoir Main Exchange for Class 184 recruiting
August 26	McConnell Public Safety and Transportation Operation Center (MPSTOC) Public Safety Day
August 26	Sound the Alarm Harmony Mobile homes
August 29	Ft. Belvoir Main Exchange for Class 184 recruiting

September 1	Ft. Belvoir Main Exchange for Class 184 recruiting
September 6	DIA Emergency Management Day, DIA Reston
September 19	Defense Intelligence Agency Preparedness Joint Anacostia Bolling
September 23	Sound the Alarm - Audobon Mobile homes (CANCELED DUE TO WEATHER)
September 24	Sherwood Community Center DEMS preparedness fair. (12-4 pm)
September 27	Pentagon Fall Safety Event

Upcoming Events

October 7	CERT Picnic at Burke Lake
October 14	Fire Station Open Houses * *
November 2	Joint Base MHH Retiree Appreciation Day

**

Fire Station Open Houses - October 14 - We Need You!

(~48 CERT members needed to work that day!)

THEME: Cooking safety starts with you. Pay attention to fire prevention.

McLean – FS 01

Vienna – FS 02

Franconia – FS 05

Annandale – FS 08

Bailey's Crossroads – FS 10

Dunn Loring – FS 13

Burke – FS 14

Centerville – FS 17

Lorton – FS 19

Fair Oaks – FS 21

Springfield – FS 22

Crosspointe – FS 41



Sign up for Shifts on VMS

Community@FairfaxCountyCERT.org

7

OPEN HOUSE!

FIRE PREVENTION WEEK
OCTOBER 14, 2023

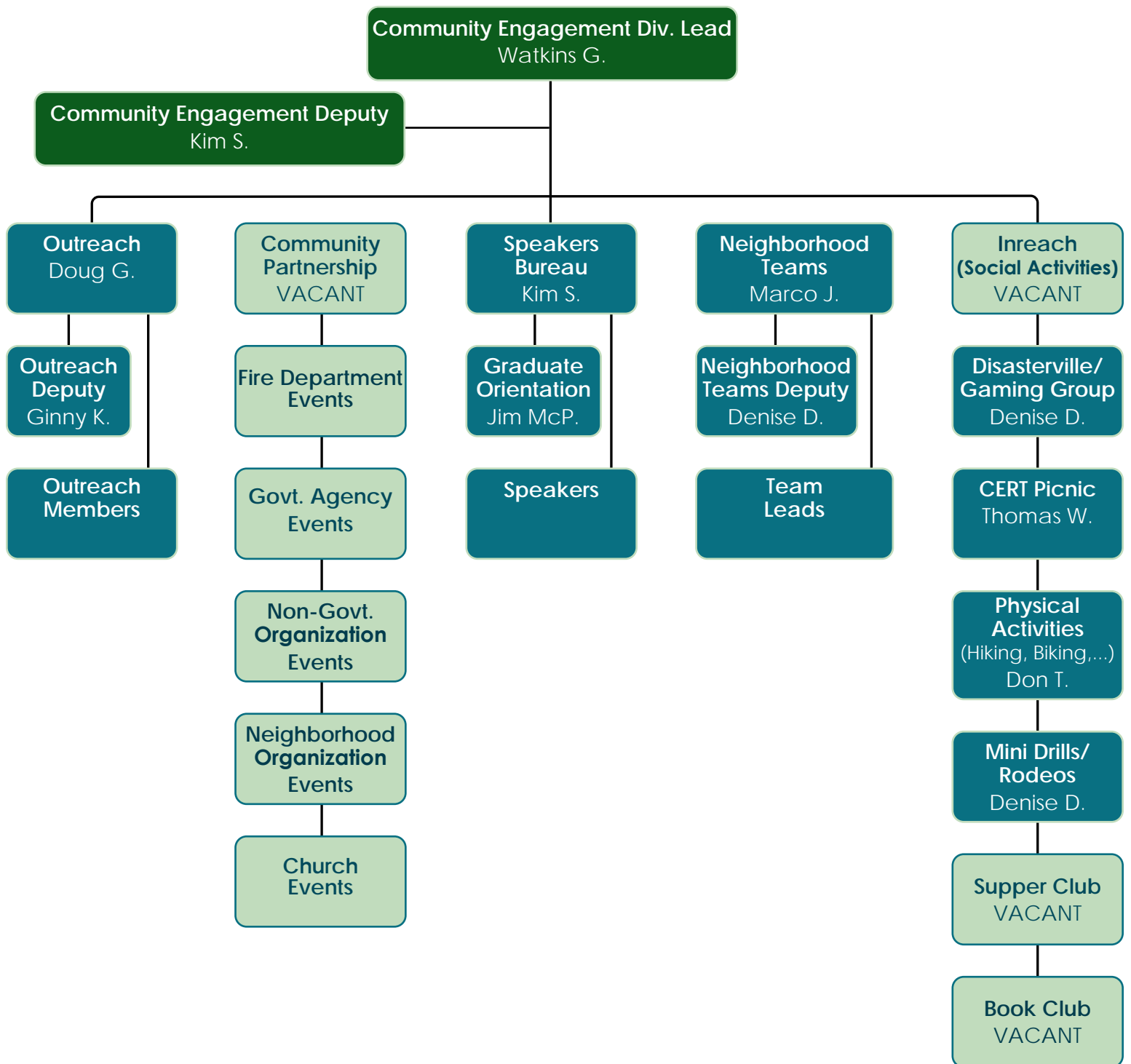
**JOIN US FOR A FLAMINGLY
FUN DAY AROUND THE COUNTY!**

**FIND A VOLUNTEER STATION NEAR YOU AT
WWW.FCVFRA.ORG**

- DEMONSTRATIONS
- GAMES
- TOURS
- SELFIES
- AND MORE!



Check out the Community Engagement Org Chart and see where you might fit in.



JOIN OUR TEAM!

Talk to Watkins, Kim or Doug or send an email to:

CommunityDeputy@FairfaxCountyCERT.org

Have You Checked Your Emergency Kits?

Some Things to Check For

Ginny K.

Did you check your emergency kits and supplies in September? If not, this is the time to do it. Be sure to rotate any food, medications, batteries and other items that may have expired. Check to see that all items are present and have not wandered off during the year. Determine if your needs may have changed and update as needed. And, remember to use any rotated-out supplies that are still good!

REVIVE

Training to Save a Life

Alex V.

The Boy Scout motto, used by millions of scouts around the world, is “Be Prepared”, and this is something we should all follow.

Northern Virginia has experienced an alarming increase in the number of drug overdoses (O.D.s) in every county. The Fairfax Health District has seen an increase in E.R. visits for non-fatal O.D.s in youth (under 17) since 2017. In 2017 there were no such visits. Last year, there were 27, and within the first three months of this year there were 11. It has become such an issue that the U.S. Senate designated August 21, 2023 as “National Fentanyl Overdose Prevention Day”.

O.D.s can happen at many events we attend, at work, or even at home. As CERT volunteers, we are trained to handle disasters and unexpected situations, and this is no different. When we come upon someone we suspect is an O.D. victim, there is a very limited amount of time to reverse the effects of the drug. With the proper training and, if conditions indicate it is appropriate to do so, we can administer Narcan/naloxone. We would be acting as a private citizen and be covered by the Virginia “Good Samaritan” statutes.

The Fairfax-Falls Church Community Services Board (CSB) has partnered with the Virginia Department of Behavioral Health and Developmental Services to launch REVIVE, a program that makes naloxone available to lay rescuers to reverse opioid overdoses. REVIVE trains individuals on what to do and not do in an overdose situation, how to administer naloxone, and what to do afterwards. Each attendee also receives a free REVIVE kit that includes all the supplies needed to administer naloxone. The medication itself can be acquired at a pharmacy after completing the training. Attendees also receive a safety plan to help individuals prevent overdose if they relapse. Classes are offered both online and in person.

You can find a free class at the CSB website:

<https://www.fairfaxcounty.gov/community-services-board/news/2020/virtual-revive-training>

Just like AED/CPR training, community members that have REVIVE training can make the difference in the “Golden” moments when a life depends on our intervention.

CERT Trivia Quiz

Test Your Knowledge

Alex V.

New October Trivia Quiz!

Answers in the January 2024 Edition of the Green Helmet

- 1 Only people who have completed an approved AED/CPR course may use the AED devices stored in public buildings and facilities in case of an emergency.
A) True
B) False
- 2 Which jurisdiction in the Commonwealth of Virginia has trained the most CERT volunteers?
A) Loudoun County
B) Prince William County
C) The City of Richmond
D) Fairfax County
- 3 Which organization should be contacted first if an untagged stray domestic animal is located in Fairfax County?
A) The Humane Society of Fairfax County
B) Humane Rescue Alliance
C) Fairfax County Animal Protection Police
D) A local veterinarian to search for a microchip
- 4 If a suspected victim of a drug overdose is encountered, what should be a CERT member's immediate action?
A) Administer Naloxone
B) Call 911
C) Put the victim in the 'recovery position'
D) Try to find out what drug was taken

Answers from July's Green Helmet Trivia Quiz

- 1 The main way(s) to control excessive bleeding are:
ANSWER: A) Direct pressure
- 2 What is among the correct 1st aid actions when treating a burn victim?
ANSWER: C) Cover loosely with, dry sterile dressings to keep the contaminants out
- 3 The main signs of shock that CERT members should look for are:
ANSWER: D) All of the above
 - Rapid & shallow breathing.
 - Capillary refill of greater than 2 seconds.
 - Failure to follow simple commands.

CERT Word Find

Find Words Used in this Newsletter

Kelly O.

Find the following words hidden below:

- ▶ Uniform
- ▶ Shirts
- ▶ Traffic
- ▶ Emergency
- ▶ Naloxone
- ▶ Halloween
- ▶ Kits
- ▶ Connect
- ▶ Inreach
- ▶ Winter
- ▶ Engagement
- ▶ Hurricane

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

Know Your CERT Acronyms!

A Quick Refresher

Kelly O.

AED

Automated External Defibrillator

Portable electronic device that automatically diagnoses the life-threatening cardiac arrhythmias and is able to treat them through defibrillation, the application of electricity.

BVM

Bag Valve Mask

Device commonly used to provide positive pressure ventilation to patients who are not breathing or not breathing adequately.

TEEX

Texas A&M Engineering Extension Service

National Emergency Response and Recovery Training Center

START

Simple Triage And Rapid Treatment

Allows first responders to triage multiple victims in 30 seconds or less. Designed to assist rescuers to find the most seriously injured patients.

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

October 2023

Save the Date
 Training Outreach Operations Planning/Meeting Lead Meetings
 Not CERT Related (Holidays/Special Days)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Out of the Darkness Walk	2	3	4 Class 185 TCM - Workhouse Haunt Master Exercise Planning Team	5 Class 184	6 TCM - Workhouse Haunt	7 TCM - Workhouse Haunt CERT Potluck Picnic Sound the Alarm
8 TCM - Workhouse Haunt	9 Columbus Day Indigenous Peoples' Day	10 Dulles Airport K9 Decoy Volunteers	11 Class 185 Leveraging and Cribbing Master Exercise Planning Team	12 Class 184 Dulles Airport K9 Decoy Volunteers	13 TCM - Workhouse Haunt	14 TCM - Workhouse Haunt Fire Station Open House
15 TCM - Workhouse Haunt	16	17 Actor-victims for VFRD Training Dulles Airport K9 Decoy Volunteers	18 Class 185 Master Exercise Planning Team	19 Class 184 Dulles Airport K9 Decoy Volunteers	20 TCM - Workhouse Haunt	21 TCM - Workhouse Haunt
22 TCM - Workhouse Haunt	23	24 Regan National Airport K9 Decoy Volunteers	25 Class 185 CERT Incident Management Day 1	26 Class 184 Dulles Airport K9 Decoy Volunteers	27 TCM - Workhouse Haunt	28 TCM - Workhouse Haunt Master Exercise CERT Incident Management Day 2
29 TCM - Workhouse Haunt	30 Advanced First Aid	31 Halloween Advanced First Aid TCM - Workhouse Haunt				

For More Information and Registration Links Visit:

CERT.FairfaxCountyCERT.org/Calendar

Save these Dates!

- Oct. 14 Fire Station Open Houses
- Oct. 20-22 CERTCON 2023
- Oct. 28 Master Exercise

November 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 American Indian Heritage Month Class 185 Advanced First Aid	2 Dulles Airport K9 Decoy Volunteers Training Division Team Meeting	3	4
5 Daylight Savings Ends	6 Class 186	7 Election Day	8 Class 185	9 Class 186	10 Veterans Day (Sub)	11 Veterans Day Response to Active Shooter Stop the Bleed Traffic & Crowd Mgmt
12	13 Class 186	14	15 Class 185	16 Class 186	17	18 Canteen Team Orientation
19	20 Class 186	21 Pre-Meeting Program Meeting	22 Class 185	23 Thanksgiving FFX FRD 5K Race (Turkey Trot)	24 Native American Heritage Day	25
26 CERT Radio Workshop	27 Class 186	28	29 Class 185	30 Class 186		



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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 **JANUARY 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!

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