



# The CERT Pulse

The Newsletter of Hamden's  
Community Emergency Response Team

VOLUME 1, NUMBER 4 | OCTOBER, 2012

**The 2012 Chamber Choice Awards**  
**Wednesday, November 7, 2012**  
**6:00pm**  
**Laurel View Country Club**  
**310 West Shepard Avenue, Hamden**

Do not miss participating in the Chambers largest event of the year since 1996! Help us congratulate outstanding individuals and organizations that are being honored! The evening begins with a cocktail reception at 6:00pm and the dinner/awards presentation begins at 7:00pm, \$65.00 per person.

**2012 Chamber Choice Award Recipients:**

**Quinnipiac Bank & Trust Company**  
 Business of the Year

**Mount Carmel Travel Center**  
 Small Business of the Year

**P.L.A.C.E. Children's Museum & Creative Arts Center**  
 Community Advocate of the Year

**CERT**  
**(Community Emergency Response Team)**  
 Service Organization of the Year

**Dr. Francis Gasparro**  
*Hamden Hall Country Day School*  
 Educator of the Year

**Kayleigh Darcy**  
*Hamden High School 2012 Graduate*  
 Business Student of the Year

**Urbanminers, LLC**  
 Green Business Advocate

Never doubt that A small group of thoughtful, Committed citizens can change the world; indeed, it is the only thing that ever has. - Margaret Mead

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Jackie Tiroletto

**Planning Chief:**

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**Logistics Chief:**

Dave Lewis

**Admin. Chief:**

Debbie DiLeone

**Communications Chief:**

Kathy Larson

If you are a Facebook user, we have both a "closed group" for CERT members and a public page. If you search for Hamden CERT, you will find both. Please "Like" the public page (we are set up as a "community organization") and request to join the group!

Please contact Kathy

Larson at

kathylarson@comcast.net

if you need assistance.

## Be Prepared! Before the Storm Strikes

### At Home and Work

Primary concerns are loss of heat, power and telephone service and a shortage of supplies if storm conditions continue for more than a day.

Have available:

**Flashlight and extra batteries.**

**Battery-powered NOAA Weather Radio** and portable radio to receive emergency information.

These may be your only links to the outside.

**Extra food and water.**

Have high energy food, such as dried fruit, nuts and granola bars, and food requiring no cooking or refrigeration.

**Extra medicine and baby items. First-aid supplies.**

**Heating fuel.** Refuel before you are empty. Fuel carriers may not reach you for days after a winter storm.

**Emergency heat source:** fireplace, wood stove, space heater.

- Use properly to prevent a fire.

- Ventilate properly.

**Fire extinguisher, smoke alarm.**

- Test smoke alarms once a month to ensure they work properly.

**Make sure pets have plenty of food, water and shelter.**

### On the Farm/Pets

**Move animals to sheltered areas.**

Shelter belts, properly laid out and oriented, are better protection for cattle than confining shelters, such as sheds.

**Haul extra feed to nearby feeding areas.**

**Have water available.** Most animals die from dehydration in winter storms.

**Make sure pets have plenty of food, water and shelter.**

### In Vehicles

Plan your travel and check the latest weather reports to avoid the storm!

**Fully check and winterize** your vehicle before the winter season begins.

**Carry a WINTER STORM SURVIVAL KIT:**

- Mobile phone, charger, batteries
- Blankets/sleeping bags
- Flashlight with extra batteries
- First-aid kit
- Knife
- High-calorie, non-perishable food
- Extra clothing to keep dry
- Large empty can to use as emergency toilet. Tissues and paper towels for sanitary purposes
- Small can and waterproof matches to melt snow for drinking water
- Sack of sand or cat litter for traction
- Shovel
- Windshield scraper and brush
- Tool kit
- Tow rope
- Battery booster cables
- Water container
- Compass and road maps.

**Keep your gas tank near full** to avoid ice in the tank and fuel lines.

**Avoid traveling alone.**

**Let someone know your timetable** and primary and alternate routes.

### Dress for the Season

Wear loose, lightweight, warm clothes in layers. Trapped air insulates. Remove layers to avoid perspiration and subsequent chill. Outer garments should be tightly woven, water repellent, and hooded. Wear a hat. Half your body heat loss can be from the head. Cover your mouth to protect your lungs from extreme cold. Mittens, snug at the wrist, are better than gloves. Try to stay dry.



# When CAUGHT in a Winter Storm

## Outside

### Find shelter:

- Try to stay dry.
- Cover all exposed body parts.

### No shelter:

- Build a lean-to, windbreak or snow cave for protection from the wind.
- Build a fire for heat and to attract attention.
- Place rocks around the fire to absorb and reflect heat.

### Melt snow for drinking water:

- Eating snow will lower your body temperature

## In a Vehicle

### Stay in vehicle:

- You will become quickly disoriented in wind-driven snow and cold.
- Run the motor about 10 minutes each hour for heat.
- Open the window a little for fresh air to avoid carbon monoxide poisoning.
- Make sure the exhaust pipe is not blocked.

### Be visible to rescuers:

- Turn on the dome light at night when running the engine.
- Tie a colored cloth, preferably red, to your antenna or door.
- After snow stops falling, raise the hood to indicate you need help.

### Exercise:

- From time to time, move arms, legs, fingers and toes vigorously to keep blood circulating and to keep warm.

## Inside

### Stay inside:

- When using alternate heat from a fireplace, wood stove, space heater, etc., use fire safeguards and properly ventilate.

### No heat:

- Close off unneeded rooms.
- Stuff towels or rags in cracks under doors.
- Cover windows at night.
- Eat and drink. Food provides the body with energy for producing its own heat. Keep the body replenished with fluids to prevent dehydration.
- Wear layers of loose-fitting, lightweight, warm clothing. Remove layers to avoid overheating, perspiration and subsequent **chill**.

**AVOID OVEREXERTION**, such as shoveling heavy snow, pushing a car or walking in deep snow. The strain from the cold and the hard labor may cause a heart attack. Sweating could lead to a chill and hypothermia. Take Red Cross Cardiopulmonary Rescue (CPR) and Automated External Defibrillator (AED) training so you can respond quickly to an emergency.

From American Red Cross



## Things that we have done in September.

*Sept. 12*— CERT Meeting at Town Government Center, Town Attorney Conference Room.

*Sept. 16*—Support Connecticut State Firefighters Parade, provided traffic and crowd control.

*Sept. 19*— Teen CERT program started at Hamden High School

*Sept. 22 & 23*— CERT Weekend held at the State Firefighters Academy in Windsor Locks.



## Calendar

### Upcoming Events

*Oct. 11*—CERT Meeting at Town Government Center, 3rd Floor Conference Room.

*Oct. 13*—CERT Display at Hamden Fall Festival, Brooksvale Park

*Nov. 13* - CERT Meeting at Town Government Center, 3rd Floor Conference Room.

The **CERT**  
*Pulse*

