



HOTSHOTS... for the Gilbert Fire Department Volunteers

Volume 3, Issue 10

November 2010

Kim's Corner

By Kim Yonda
GFD Volunteer Coordinator

Thanksgiving may only come once a year, but I am thankful every time I work with our dedicated Volunteers! It was a pleasure to see so many of you at the Mission Possible training in October. We learned a lot about each other and about how to work with a variety of generations. We learned especially how each generation interprets respect; such as, Baby Boomers should remember what a Millennial may think if he chooses not to accept his friend invitation on Facebook.



Many of you had fantastic questions when we reviewed what your activation role could look like as a Volunteer under specific ESFs. Thank you for attending and participating, your involvement makes the difference.

A special thank you to everyone who sold and/or bought "Butter Braid!" The Volunteer Program appreciates your support. Orders will be available at Fire Administration on November 9, between 4:30PM, and 6:30PM.

I encourage all Volunteers to attend one of the upcoming Citizen Corps Team Meetings. We have a lot of exciting events and activities planned for 2011. The Co-Chairs of the teams are looking for your feedback to assist with the development of these projects. Attending a meeting is a great way to meet other Volunteers, learn about current happenings, and help to develop ideas. I look forward to seeing you at one of the upcoming meetings. Please be sure to watch your email for agendas and details.

I wish you joy, happiness, and health, as well as a Happy Thanksgiving for you and your family!

Reviewing CERT

By Johnna Switzer
GFD Volunteer

This month we continue our review of disaster psychology. The questions are general in nature, but it is important to know this information before continuing. It is information that may not be thought about often, so thinking hard may be necessary in order to find the answers.

Select the best answer for the following questions.

1. What is a CERT member's primary, psychological role in a disaster?
 - a. Keep victims from getting angry or depressed
 - b. Stabilize the scene by stabilizing the individuals
 - c. Provide psychological counseling
 - d. Convince survivors that their situation is better than it appears

2. Scott, a CERT member, responded to the disaster scene in his town after a devastating tornado. He spoke to many people who had lost their homes and possessions. Some people had lost family members. Gradually, Scott developed feelings of overwhelming sadness and helplessness. What are Scott's feelings an example of?
 - a. Transference
 - b. Stress
 - c. Vicarious trauma
 - d. Survivor trauma

3. Team Leaders can help members establish strategies for dealing with stress. These strategies can include which of the following categories?
 - a. Training and communication
 - b. Teamwork
 - c. Pacing
 - d. Nutrition
 - e. All of the above

4. Disaster survivors go through distinct psychological phases. Place the phases below in the correct order.
 - a. Inventory
 - b. Recovery
 - c. Impact
 - d. Rescue

Answers: 1.b, 2.c, 3.e, 4.c,a,d,b



By Sheri Gibbons
Emergency Management Coordinator, TOG



O Bellemont Tornadoes

On October 6, Bellemont, Arizona, a community located 11 miles West of Flagstaff, was struck by two tornadoes. The first hit at approximately 5:20AM, the second struck approximately one hour later. Both caused similarly rated EF-1 and isolated EF-2 damage, including the derailing of 28 train cars. Amazingly, no one was seriously injured.

I had the opportunity of working there the following day, along with Sherrie Collins, the Coconino County Emergency Manager. This experience further supported information that I would like to share with you. Hopefully it will not be new to you.

1. It takes time to disseminate information to the community using tools like the Community Emergency Notification System (CENS). However, you can receive weather related warning information immediately if you have a NOAA weather service radio. Get one for your home that has back-up battery power capabilities. Approximately twenty two tornado warnings were issued that day for areas in and around Flagstaff.
2. A call center is an important asset to the community following such an emergency. It provides a location where citizens can call and ask questions, and seek and/or provide information concerning the incident. A call center was established for this incident by Coconino County that was staffed by their CERT Volunteers. We anticipate that we would do the same in Gilbert, and then call upon our Volunteers to assist.
3. The basic CERT training holds great value. This scenario represented an ideal time when most people would want to turn off utilities to their home, provide basic first aid to family and neighbors, and size up the scene for inherent safety concerns. Encourage your friends, family and neighbors to become CERT trained. You never know when the training could be put to use!



G.F.D.V.I.P.

Congratulations to this month's Gilbert Fire Department's Very Important Person! Ann Godlesky has been volunteering as a Car Seat Technician since October, 2009. Her Volunteering philosophy is, "One size does not fit all!" Ann says, "The right Volunteer spot isn't necessarily your first spot. Even if you have the heart to serve, you might not find the ideal situation right away. Don't give up. Keep looking until you find the right fit. The right "job" won't feel like work at all."

Ann, and Mark, her husband of seventeen years, along with their fifteen year old son, and 12 year old daughter, moved to Gilbert nine years ago from Alexandria, VA. Mark and Ann enjoy raising their three dogs. Ann enjoys reading, and her favorite book is "The Three Musketeers" by Alexandre Dumas. She also enjoys embroidery, crochet, and doing a multitude of still unfinished home projects in her spare time.

One of Ann's greatest Volunteering accomplishments is spreading the word about car seat safety. Ann shares the training skills and knowledge she obtained as a Car Seat Technician with as many people she can.

Ann has always wanted to learn to play the piano. If this is a talent you have, Ann would love to meet you! She has a fierce loyalty to the people and ideas she believes in. Her pet peeve is people who "think rules don't apply to them whether they are driving, or just failing to exercise common courtesy."

Ann's motto is "The world is not black and white. Enjoy all the shades of grey in between." The next time you see this great member of our team, be sure to say hello and "I saw you in HotShots"!

Welcome
New GFD Volunteer
Brandon Siebert

Gilbert Fire Department is looking for Volunteers who want to become car seat technicians!



GFD photo

Child Passenger Safety Technician Training Courses

To become certified you must be able to attend the following dates:

November 29TH, 30TH and December 1ST and 2ND 2010

8AM to 5PM

(Except December 2ND at 8AM to Noon.)

Location:

***Gilbert Fire Department
Administration Building
85 E. Civic Center Dr.
Gilbert, AZ 85296***

We are looking for members of our community who would be willing to donate one day a month, after they take the above course to become car seat technicians, to help with our important program.

For More Information Please Contact:

Jean Machnicki, Gilbert Fire Department: (480) 503-6353

Fire Corps Blaze

CCC-CPR

By Lila Stubs
GFD Volunteer

Have you heard there's a new CPR in town? That's right; there is a very new protocol for CPR, but it is not currently accepted by the American Heart Association. However, it is likely that in time the AHA will adopt it. CCC-CPR was unveiled in 2003, by a team at the University Of Arizona Sarver Heart Center. It is better known as CCR or Cardio Cerebral Resuscitation.

CCR came about because of concern over the survival rate of victims of sudden cardiac arrest occurring out of a hospital. The statistics showed a dismal 5% for several decades. The team at UA studied what was really going on when SRP was attempted. They found that most people were reluctant to do the mouth to mouth breathing required by the old type of CPR. So often they just called 911, and the patient received no treatment until the emergency responders arrived. But the study also found that even trained paramedics were spending too much time between the blood-pumping chest compressions.

"Getting the blood flowing to the heart and brain is most critical in saving lives, and that's what chest compressions do." said Dr. Gordon Evry, Director of the Sarver Heart Center, and one of the leaders of the new CPR/CCR effort. "If you stop doing chest compressions for anything, even for breathing, it damages the brain." This is why the new CPR/CCR requires chest compressions only, and at the rate of 100/minute.

The Phoenix Fire Department reported that in a study of 1000 cardiac arrest victims the survival rates went from 3% to 9% when this new protocol was implemented. The survival rate is expected to be even higher as more statistics are gathered.

In 2009, a 14 year old freshman was saved by CCC-CPR. He collapsed while running during football practice, and a paramedic who Volunteers as a coach was nearby. He started chest compressions on the boy. The child lived to have surgery to correct a congenital heart defect that was previously undetected. This was due in a large part to fast uninterrupted chest compressions, and shock from a defibrillator. Rafael is a perfect example of the lives that are being saved with the new protocol.

I hope that reading this has encouraged you to learn CCC-CPR if you haven't done so already. Please pass on the word to people you know who might be interested. The Gilbert Fire Department offers free classes periodically.

Daisy Mountain Fire District Citizen Corps Drill

By Susan Deason, GFD Volunteer

Thanks and kudos to the Daisy Mountain Fire District for holding a two day CERT drill in August. It was attended by CERT Volunteers from around the East Valley, and included Gilbert, Tempe, and Chandler. The drill included an amazing amount of deployment drills led by some very knowledgeable DMFD CERT Volunteers, as well as fire department staff.

The exercises included a search and rescue at the local FBI training center, triage training by DMFD Paramedics, an evacuation center full of local Boy Scouts and their parents, a camp setup for CERT Volunteers, the setup and operation of a staging area and command center, an electricity presentation by APS, cribbing and sandbagging practice, and a variety of emergency calls for stranded motorists, welfare checks, and emergency supplies. Thanks went to the many HAM Radio Volunteers who provided communication between the different venues when none of the other radios could.

DMFD staff guided, trained, and sometimes gently persuaded, the Volunteers to participate in key roles such as incident commander, logistics, financial, and safety. My favorite was the VRC, where I got the chance to check in and meet Volunteers from all over the valley.

DMFD also held an appreciation dinner on Saturday evening that was catered by Famous Dave's. The event was attended by many of the CERT Volunteers, firemen, and paramedics, and it provided us the opportunity to further our acquaintances with other valley organizations.

Despite tough financial times and numerous budget cuts across the state, DMFD provided us with some much needed training and hands on practice. I didn't know how much I didn't know, until this drill. Hopefully, over the next year there will be many more opportunities for us to participate.



Applause! Applause! Applause!

Kudos to all for the volunteers who shared their time to assure the Flu immunization clinic was a pleasant success!

Johnna Switzer
Fred Wolfe
Ann Godlesky
Judy Martinez
Lana Hollingsworth
Jeff East
Tom LaPado
Debra Gray
Katharine Keller

Terry Watson
Nicole Hayes
Beverly Schweitzer
Kerri Scott
Dianna Erickson
Janet LaTour
Pauline Senra
Roman Kucinski
Judy Slack



A special thank you to MAPFRE USA, and Sam's Club of Gilbert for their generous donation of bottled water to the Department's Community Assistance Program. This will provide bottled water to individuals involved in any kind of incident. For example, water might go to people displaced from their homes because of a residential fire, to those involved in a motor vehicle accident, or to a motorist needing assistance, as well as to many other people involved in other kinds of incidents. Heartfelt appreciation to MAPFRE, and to Sam's Club of Gilbert.

GFD photo

You've Been Spotted

Andy Wybourn
for originating the
"ButterBraid"
Fundraiser



You are appreciated!

HOTSTUFF

NOVEMBER

1 Co-Chairs Meeting	4:00 - 6:00 PM	Room 6	Co-Chairs
1 Ops/Specialties Combined Meeting	6:30 - 8:00 PM	Room 6	△
3 Towing A Trailer	6:00 - 7:00 PM	Room 6	CERT, FC
6 COM 251 Quarterly Meeting	8:30 AM	Seville	CA
9 Butter Braid Fundraiser Pick Up	5:00 PM	Room 2	CERT, FC
9 Training Team	6:00 - 7:30 PM	Room 2	△

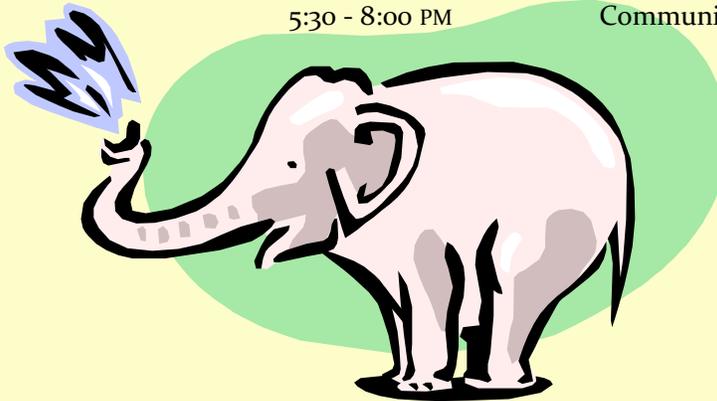


*Fire Administration will be closed November 25 & 26
Happy Thanksgiving*



DECEMBER

9 Potluck Dinner	5:30 - 8:00 PM	Community Ctr.	CERT, FC
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He's Back!

△ Open to CERT, FC, VIPS and USAonWatch Volunteers.
Register with Kim Yonda @ 480-503-6325 or kim.yonda-lead@gilbertaz.gov

*An up to the minute CERT/FC training calendar will be found at
<http://www.ci.gilbert.az.us/fire/volunteers.cfm>*