

June 2023 Newsletter



NEXT TRAINING EVENTS

Monthly: June 8, 7PM, Sr. Center
Radio Net: June 15, 7:30PM
Special: Field Day, June 24 12:30

Project Phoenix

6/3, 11AM-2PM, Wrenn Drive

Cary Police Department's **Project PHOENIX (Promoting Healthy Occupancy through Education, Networking, and Information eXchange)** pairs police officers with property managers and residents in participating multi-family communities throughout Cary to share information and get to know needs and issues within a specific community so they can work together to address them. Block parties are a fun and effective way these communities bring residents, first responders, and area resources together.



Cary CERT has participated in the annual Wrenn Drive block party since 2013, and has been invited again to share information to help residents prepare and plan for emergencies that may affect their family.

Volunteers will be needed from 10am - 3pm. Julie will be coordinating this year. **To volunteer, please email carycert@gmail.com with your name and the hours you will be available** to work with our team.

June Training: *After you Stop the Bleed*

6/8, 7-8:30PM, Cary Senior Center

Come join Cary CERT vice-president George Dolicker for a hands-on, practical session on the steps *after* you Stop the Bleed using one of the most versatile pieces of first aid equipment in your kit.



Cary CERT Emergency Radio Net

6/15, 7:30PM, On the Air!!!

Attend from the comfort of your deck, your living room, or your ham shack, and you can join via amateur radio, or listen in via a radio scanner (444.775Mhz, 441.725Mhz, 444.325Mhz or 444.925Mhz) or the Broadcastify mobile app on your phone or your PC's web browser. Drop in and learn about how we communicate and coordinate team activities, even when normal communications methods fail. Cary CERT thanks the Carolina 440 UHF Link System for the use of their repeaters during training, special events, and emergencies.



Cary CERT Amateur Radio Field Day

6/24, 12:30-5PM, Cary CERT Trailer at Carolina Preserve (115 Allforth PI, Cary)

Randy and Ken Stark will lead Cary CERT in joining over 35,000 participants in the world-wide emergency communications field day event this year! This event precisely focuses on CERT's mission, demonstrating the communications ability of our CERT under simulated emergency conditions. We'll be outside, working on emergency power with temporary antennas and radio set-ups. If you're a ham, come and get some experience with our suite of equipment. If you're NOT (yet) a ham, come out and experience the exciting world of amateur radio, make your first on-air contact with a distant station, and try your hand at the many aspects of ham radio including voice, digital, radio email, the National Traffic System, and MORE, all with the coaching of an experience operator. Come early to learn to set-up, stay late to learn to tear-down, or drop in any time for fun learning about this important disaster response skill, and even some refreshments! **Be sure to wear your CERT shirts if you have them! If you have a Cary CERT radio please bring it with you for a programming update.** Please RSVP to carycert@gmail.com by June 19th. Don't miss this fun event!!!



RECENT HAPPENINGS

May Training: ICS System at la Cary Spring Daze

14 members attended Cary CERT president Julie Carlino's presentation covering the ICS and CERT forms used during the Cary Spring Daze festival and similar deployments at the monthly training meeting at station 9 on May 11. Julie reviewed the 8 standard CERT forms, and then went into detail on the forms that make up an ICS-based Incident Action Plan (IAP) that was the blueprint of how we operated at Spring Daze. She also reinforced the importance of filling out event activity logs with everything that you do during an event: "if you didn't document it, it didn't happen." These activity reports form the basis of after-action reports and improvement plans for us and for Cary. Julie reminded everyone that they should have a full set of CERT forms in their go-bags.



CPR-BLS and AED Class

12 Cary CERT members and 7 CP CERT members attended the CPR class on May 20th that Wake Tech conducted just for Cary CERT, and all were awarded CPR-BLS +AED certificates from the American Heart Association: CONGRATULATIONS one and all, and thanks to everyone who took time out of their Saturday to take this training! CPR is indeed a CERT skill, one of the core skills that CARY FD expects of Cary CERT members, and can save the life of a family member or loved one.



Next up for those interested: watch for the CPR Instructor class to be offered for Cary CERT in July that will allow us to train and certify our own members, as well as deliver CPR training to the community in classes and at community events.



SAVE THE DATES!!!

Cary CERT Board Meeting

July 5, 6:30PM, Cary Fire Administration Building, 100 North Academy Street

The first Wednesday of each month, all are welcome. Minutes are emailed to all members with the first reminder of the meeting and the agenda is emailed to all members with the second reminder of the meeting.

CERT Train-the-Trainer Class

August 12 & 13, 9AM-5PM, State EOC in Raleigh

The most local TtT class this year, **SIGN UP NOW!** If you would like to help teach the next Cary CERT Basic class in September, and you haven't already taken it, please take this class! [Sign up here.](#)

Cary Lazy Daze Arts and Crafts Festival

August 26 & 27, 9AM-5PM, Cary Town Hall Campus

Cary CERT Basic Class

September 8, 9, and 10

Cary CERT will be looking for volunteers to help with the class, particularly in the units that involve hands-on practical training.



Cary Public Safety Day

September 16, 11AM-2PM, Academy St.

Cary CERT Full-Scale Exercise

November 4, 9AM-2PM

Cary CERT will deploy for a simulated emergency that will exercise the team in the three critical skill areas that Cary FD expects of us, PLUS a variety of other basic and extended CERT skill training areas. A fun day to be sure!

TRAINING REVIEWS

ICS-300: Intermediate ICS for Expanding Incidents

If you enjoyed Julie's May training session on CERT forms and ICS, you will LOVE this class!!! In ICS-300 you really dig into how an incident is initiated, expanded, managed, and ultimately demobilized using the common language, forms, and processes of the Incident Command System. This is a 21-hour in-person class that will allow you to step up into a planning and management role within an ICS operation. This excellent class is next offered locally at Wake Tech on June 19, 20, and 21. Log into [Terms](#) to register.

HURRICANE SEASON 2023

The season may be over for Carolina Hurricanes hockey, but it's just beginning for the *OTHER* Carolina Hurricanes. It's time to overhaul your preparedness plans, inventory your supplies, and change the batteries in your weather alert radios!

NOAA's outlook for the 2023 Atlantic hurricane season predicts a 40% chance of a near-normal season, a 30% chance of an above-normal season, and a 30% chance of a below-normal season. This year's list of hurricane names include: Arlene, Bret, Cindy, Don, Emily, Franklin, Gert, Harold, Idalia, Jose, Katia, Lee, Margot, Nigel, Ophelia, Philippe, Rina, Sean, Tammy, Vince, and Whitney.





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