

NOVEMBER 2016



# Montgomery County CERT General Meeting





# Tonight's Agenda

- CERT Business
  - Reports
  - Upcoming Moulage Victim support of MCFRS training
  - Upcoming annual social activity
  - Possible *GO TEAM* activity
- Featured Speaker



## Reports



# Reports

- Halloween CPR class completed 10/29
- CERT Fall Basic Class completed 11/5
  - Welcome graduates!
- Functional *Go Team* exercise (10/15)
  - successfully tested EVAC and search deliverable



Outreach



# Outreach Opportunities

We have no current ops in Nov or Dec. I'm working on volunteer plan for 2017 and am looking for someone to assist me with Outreach activities for next year.





## Operations





# Operations

- LOGISTICAL support for GWGVFD (Sta 8) SANTA RUN
  - weekends 11/26-27 *thru* 12/17-18
  - eight (8) sessions from 1700-2145
  - need a team of 5-7 people EACH NIGHT for LOGS support
  - operating in low light conditions in school parking lots
  - setup and take down- traffic cones, music, portable lighting



# Virtual CERT



## VIRTUAL CERT

- Upcoming training dates TBD



# Training



# Mock Victims needed

- Call for Mock victims
  - Burtonsville (east end of County)
  - THIS SATURDAY 11/12/16; ~0900--1430
  - David Steele in charge
  - Multiple victims are needed
  - Support MCFRS training
  - lunch provided



# Training Opportunities

- ASHI Friends & Family CPR (date TBD)
- XXX
- XXX
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# Training Opportunities (continued)

- with Clinton CERT in PG County
- Sat., 11/19/16
  - in Costa Regional Park,
  - 11000 Thrift Road
    - at the Pavilion
  - Clinton, MD 20735
- 0900-1200 (with travel time 0800-1330)
- See sign up url in CERVIS



# CERT Basic Winter/Spring 2017

- Next CERT basic class is going to be on Wednesday, February 22<sup>nd</sup> to Saturday, March 25<sup>th</sup>.
- We will be posting the registration information on social media.



## Upcoming Events



# Holiday Party

- 12/2/16 ??
- Venue to be confirmed
- Potluck
- Contact social committee
- Register in CERVIS

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## FEATURED SPEAKER



# Featured Speaker

*The Un-Thinkable*

*Greg St. James*  
*Cynthia Halota*





**Responding to the Unthinkable**

**Training Objective:**

**Recognize the Stages of a Disaster**

**Per Amanda Ripley “The Unthinkable”**

**Cynthia Halota & Greg St. James**



## Part 1: DENIAL & DELAY

"Fires only happen to other people".

Normalcy Bias: "Everything is OK because it almost always is".

[DON'T GRAB YOUR LUGGAGE!](#)

To overcome our worst instincts we need to know WHY to do something not just WHAT to do.

**The reason you put your own oxygen mask of first is that you only have 10-15 seconds before you pass out.**





## DELIBERATION

- Our brains perform clumsily under a minor amount of stress.
- "Stress hormones are like hallucinogenic drugs".
- "The actual threat is not nearly as important as the level of preparation"
- Control breathing 4 4 4 4





## **PANIC CAN BE A FORM OF OVERREACTION.**

- 1. Feeling of being trapped.*
- 2. Sensation of great helplessness.*
- 3. Sense of profound isolation.*





## THE DECISIVE MOMENT

- *“The decisive moment is the simultaneous recognition in a fraction of a second of the significance of an event.”*
- *Henri Cartier Bresson French photographer.*
- Best way to learn on response level is by programing.





**Bearing these principles in mind will help change the way you think.**

- **Changing the way you think is the start of changing response and creating resilient citizens.**



**#LETSMOVETHENEEDLE**





## Further reading:

*Lawrence Gonzales – Everyday Survival, Deep Survival, Surviving Survival*

*Al Siebert, PhD – “The Survivor Personality” The Resiliency Advantage*

## Sources:

*Community Emergency Response Team – Unit 7*

*Eric Greitens – Navy Seal – Resilience – Hard Won Wisdom for Living a Better Life “Tools don’t replace Character”*

*Malcolm Gladwell – The Tipping Point, Blink “The Power of Thinking Without Thinking”*



### November Birthdays:

Gary Frace- November 10

Ron Pendleton- November 11

Cynthia Halota- November 14

Lisa Ackerman- November 30



## Next *General Meeting*

- Holiday Party
  - Sign up in CERVIS



**Thank you**