



# The *ALERTER*

The Newsletter of the Lakes Region Community Emergency Response Team

---

## Active Shooting Drill Highlights May Training



On Saturday May 14, LR-CERT assisted several public safety agencies with a full-scale training exercise simulating an active shooting at the Laconia Middle School. Taking part in the drill included the Belknap County Sheriff's Dept, Laconia Fire Dept, NH State Police, the Belknap Regional and State Police Special Operations Teams, as well as volunteer student actors, some of whom had makeup applied to simulate various types of injuries.

Thirteen CERT volunteers participated in the day long training, assisting the various agencies in traffic control, rehab, and retrieving mass casualty incident equipment from the Lakeport fire station. The realism of the exercise gave CERT members a chance to practice skills in a "real life" situation. CERT's family service radios came in handy for communicating between members.

The scenario was designed to prepare the various agencies to coordinate a response to a major incident. SWAT teams in full uniforms, a ladder truck from the fire dept, rescue and response vehicles, EMS personnel, and the CERTmobile were just a few of the sights in the parking area of the school. LR-CERT appreciated the opportunity to participate in this comprehensive and worthwhile training.

## Upcoming Events

### Wednesday July 27--ICS Training

Lt. Nick Mercuri from GFD will conduct this training on our own CERT ICS structure. 6 PM at the Gilford Library.

### August-- First Aid Training

Kathleen and Tom will lead this training in administering first aid. Please plan on attending. Details to follow.

### September--Triage Training

John Pricket from Lakes Region General Hospital will present a detailed training on triage and our role in this important duty. Details to follow.

### Oct 8,9,10-- Sandwich Fair Parking

Fundraiser parking cars at the fair. Save the dates, details to come.

## For Those Who Missed It...

**Gilford Fire Dept Ice Rescue Drill**—Jan 29. 7 AM. An account by Tom Murphy. Roger Turgeon, Dave Stamps, Dick Christopher, John Jonasch, and myself joined the Gilford Fire & Rescue at the Glendale Docks for a training in Ice water rescue. CERT members set up our tent next to the Gilford Rehab Trailer along with tables, chairs, and supplies. The ERV generator was also set up and running inside the tent walls to provide better shelter. CERT members were able to get out on the docks for a great close up view of the ice rescue procedures. Teams of firefighters practiced several techniques for rescuing the "victims" who wore bright orange survival "drysuits" and had to be hauled from the freezing water up onto the ice. CERT members served hot beverages and muffins during the breaks from the action. We were not only impressed with the effectiveness and professionalism of the Gilford Team but also with the safety considerations that were observed for everyone involved.



**Laconia Sled Dog Race**—February 12. An account by Lisa Vermacy. Mush! Mush! Mush! Do you know they don't even say that?

Every musher has their own language for their dogs. Just one of the many things I learned on my virgin CERT outing. I was on traffic detail. Under Commander Stamps tutelage we learned to be aware. Always be aware -360 degrees aware. Give trucks coming down the hill plenty of time to stop. Make sure the cars don't get backed up at the stop light and jam the intersection. Be aware.

The first race was the six dog classic at 8:30. We were informed when the racers had passed certain checkpoints so we would have enough time to stop traffic. This was all done by radio. We would also know what number racer and if they were inbound or outbound. Outbound racers were on their way out. Inbound on their way back the same route they came out on. Which means racers would be crossing by each other at some point. I was told collisions are possible, with all the dogs getting tangled and such. Did you know that all dogs that mush are not huskies?

The second race we manned, was the open race at 12:30. Same basic scenario as the six dog race but longer-15 miles. We were to do two checkpoints. Start at one, and when the last racer went thru, move to another. By the time we got to the 2nd checkpoint several racers had already been through. Cliff Dickinson was holding his own when we arrived (he had help from derby people). The last musher went through and we tidied up the remaining traffic and called it a day.

All in all, I had a blast. The weather was great. The dogs were awesome. The camaraderie exceptional. I learned a lot and look forward to next year.

**Stay, Leave, Connect**—February 14. Kathleen Merriam and Sally Porter were asked by the Meredith ASTRA club to present the Stay, Leave, Connect program at the Meredith Community Center. It was well received and a lot of good questions followed.

**Cabin Fever in Laconia**—February 18. Dave Stamps, Dick Christopher, Lisa Vermacy, and Jack Bishop assisted the Laconia Police with this event.

**Triage Training**—March 22. This training at the Lakeport Fire Station was a thorough introduction of what triage is, what our job as CERT members would be, and where to find the equipment in the station for a mass casualty incident. Thanks to LFD Lt. Dave French for a great training.

**CERT Class Graduation**—March 24. A great class which gave us 4 new CERT members, Norma Jo Sorgman, Nancy Fuchs, Mary Lou Anderson, and Jennifer Muzzey. Also new member Joyce Messer from another class. WELCOME!

**Volunteer Forum**—April 2. Altrusa of Meredith held its second Volunteer Forum at the Meredith Community Center and CERT was there again with table, flyers, and volunteers to answer questions about our team.

**NH Integrated Emergency Volunteer Training Conference**—April 16. Some of the sessions at this conference included ER Responder Traffic Control, Functional Needs in Shelters, Recruiting and Sustaining Your Volunteer

## For Those Who Missed It cont...

**Traffic Control**— April 20. Bill Cote, Health and Safety Advisor from the Local Government Center, presented a well-attended training on Traffic Control at the Laconia Police Dept. He reminded members that scene safety is the *most important* part of traffic control. Never assume a driver sees you, always face traffic, always stand on the side of the road when possible, and have printed detour directions for planned events to pass out were just a few of the tidbits of information that Bill passed along. A must training for all CERT members as traffic control is our #1 activation.

**Gilford Fire/Rescue Water Supply Drill**—May 9. An account by Dave Stamps.

How do you deliver a thousand gallons of water a minute to a large structure fire a mile from the nearest water source? And sustain that for the several hours necessary to control the conflagration?

This was the problem that Gilford Fire and Rescue created this training for. The training location was next to the Kings Grant Inn in Gilford at the intersection of two very busy roads.

The answer involved over fifteen fire trucks and 60 firefighters from a dozen communities in the Lakes Region. The answer meant that a dozen tanker trucks would be loading, unloading, driving parking and turning. The answer meant that water would be drawn from two separate locations: one at the Mt. View Yacht Club near Patrick's Pub and the other was Lily Pond at the end of the Laconia Airport runway. Chief John Beland invited the CERT team to manage traffic control for them. The Chief felt that the large scale nature of so many trucks in motion created a real challenge.

Firefighter Jeff Madon was tasked with managing the training exercise and with the help of Traffic Control leader, David Stamps, planned and monitored the logistics.

Thanks to prior planning by Kathleen Merriam, each CERT team member had an FRS radio and of course, reflective vests. Kathleen and Mike Hardy managed the first fill site and Dick Christopher and Joyce Messer managed the second fill site.

Both fill sites required constant vigilance, keeping fire trucks moving to and from fill site and routing traffic around them.

The training or "dump" site was also at a three way intersection and required three different CERT members: Deputy Traffic leader Lisa Vermacy, Ethie Ritson and Jack Bishop.

At this dump site, there were never less than six fire trucks parked, moving and turning.

One lane of training was closed to through traffic and required constant coordination.

Chief Beland remarked at the end of the night, that thanks to the CERT time the operation was safer for his men and equipment and for the public as well.

**Active Shooting Drill**—May 14. Two days prior to participating in this multi-agency exercise, CERT members went door-to-door to pass out flyers to alert the neighborhood of this upcoming realistic scenario of a shooting and hostage taking at the nearby school.



## More of What You Might Have Missed

### Laconia Fire Activation/Rehab--May 25. An account by Kathleen Merriam.

Four CERT members were at a workshop in Meredith about sheltering functional needs populations and how to communicate with them, when the "chiefs' table" started beeping like crazy. One by one the fire chiefs left the workshop. Kathleen got a call from Lakes Region Mutual Fire Aid that Laconia Fire Dept needed rehab for a two alarm fire. Dick Christopher and Debbie Murphy were at the workshop so Dick went to get the CERT mobile and Deb went home to get Tom Murphy and Kathleen headed for Laconia. Meanwhile, Dave Stamps heard the activation over the radio. Kathleen asked him to help Dick with the CERT mobile. When CERT members got to the scene they quickly set up the two tents and began hydrating firefighters and taking info from victims until Red Cross got there. The fire event lasted about two hours so consequently a second shift wasn't called.

I want to thank the CERT members for their quick response and they proved once again how valuable this organization is to the region!

Thanks to Ken Erickson for calling us and Jim Hayes for getting us on the LRMFA call list.

Meredith Memorial Day Parade--May 30. Special thanks to Dick Christopher, Dave Stamps and Norma Jo Sorgman for getting the CERTmobile ready for the parade. Norma has started a schematic inventory of the CERTmobile so that we can find the "stuff" when we need it. Thanks also to Tom Murphy, Debbie Murphy and Jennifer Muzzey for marching with the CERTmobile in the Memorial Day Parade in Meredith.

Traffic Control Activation--June 9. Due to the storm, wires came down on No. Main St. and Laconia PD called for CERT to do traffic control till PSNH could get there and take care of the wires. Thanks to the quick response of Dick Christopher, Dave Stamps, Mike Hardy and Rick Lewis, the police were able to answer other calls.

Search and Rescue Activation--June 14. An account by Kathleen Merriam.

About 9pm on Tues. evening Chief Beland (Gilford Fire Rescue) called and asked if three CERT members could assist in a Search and Recovery for a gentleman missing in Gilford. We were to meet the next morning at the Gilford Fire house for a briefing. Norma Jo Sorgman, John Jonash and Kathleen arrived at 8:15 and waited until about 10:45 until the State Police arrived with the bloodhounds. We waited some more until they did they're thing and then we all did a line search at the trailer complex where the gentleman lived. Mike Hardy join the search when one of the GFR officers had to leave. We found nothing so continued a line search in the adjacent woods. Still nothing. We were finally released after the New England K-9 team arrived along with fish and game.

I want to thank Chief Beland for having the confidence in us to ask us to join them. I want to thank Norma Jo, John and Mike for their patience and professionalism. I was proud to have them representing our team.

CPR/AED Recertification--June 15. Kathleen Merriam and Tom Murphy held the recert class for our members, and will be holding a First Aid class in August.

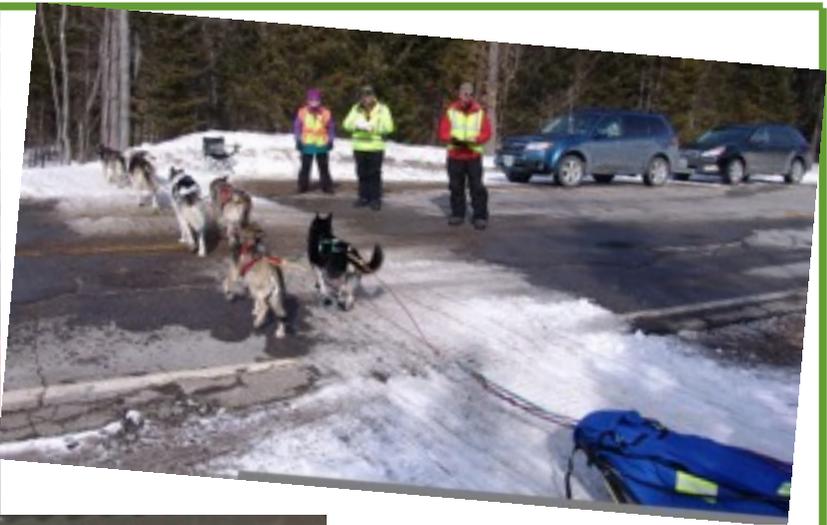
Ham Radio Field Day--June 25. Dick Christopher took the CERTmobile to the Belknap County Fairgrounds and used it to set up a radio station for the field day. He also set up a table with CERT handouts to pass out and answer questions. Thanks for helping spread the message.

Traffic Control and Rehab Activation--July 6. An account by Kathleen Merriam.

July 6, at about 12:40am, Kathleen received a call from LPD asking for traffic control assistance and rehab for a huge apartment fire on School Street in Laconia. Eight members responded and monitored the roads leading into the fire area. Their timely response was noted by Sergeant Finogle. He was grateful for the response, because he had an armed robbery in another part of town and our coverage freed up the police officers to do what they do best!

Special thanks to Dave Stamps, Norma Jo Sorgman, Roger Turgeon, Mary Lou Anderson, Ethie Ritson, John Jonasch, and Lisa Vermacy!!





CONGRATULATIONS Lisa Vermacy (far right), our new Traffic Control Deputy!

