



The GP Responder

September 2022

<https://gp-cert.org>

Vol. 3, Issue 3

Message from Incident Commander, Gordon Holtby

I hope you enjoy this 9th edition of The GP Responder. While hurricane season officially kicked off on June 1st, National Preparedness Month is observed each September to raise awareness about the importance of preparing for adverse weather events – so if you have not already done so, please get your supplies (see our first article “What Do You Need In A Survival Kit”) and continue to be vigilant.

Our second article is on “Splinting ... When? Why?”, which was the subject of a “teach-back” at one of GP-CERT’s recent meetings. The third article is a suggestion on “Storm Books for Children,” as storms can be traumatic and anxiety-producing for young children. Our last article is written by one of our volunteers who discusses information that is of vital importance to everyone in our community to prepare them for storms that may impact our community.



New residents are welcome to join the all-volunteer GP-CERT team. GP-CERT is about empowering our community – both educating our volunteers about disaster response, and communicating safety messages and information to our residents. If interested in learning more about GP-CERT, please reach out to any of the volunteers listed at the end of this newsletter for more information. Our next bi-monthly meeting is on Tuesday, November 8th @ 6 pm in the craft room (with orientation at 5:30 pm for new volunteers), so please feel free to join us at that time.

Sincerely,

Gordon Holtby

gordon.holtby@gmail.com / (847) 612-2571

Volunteers Needed!

GP-CERT is a volunteer organization that deploys in the aftermath of disasters in the community. There is a continued need for volunteers to assist in areas such as damage assessment, access control, communications, and triage (basic first aid). Volunteers will be assigned to tasks based upon their desires, skills and experience. Background/training in these areas is encouraged but not required. The GP-CERT training and preparation will allow community members to respond and assist each other in those hours or days between the incident and the return of our property management staff.



For more information or to volunteer, please go to the GP-CERT website at <https://gp-cert.org> or contact Gordon Holtby at gordon.holtby@gmail.com

What Do You Need In A Survival Kit?

Submitted by Gordon Holtby

At a minimum, you should have the basic supplies listed below:

- Water: one gallon per person, per day (3-day supply for evacuation, 2-week supply for home)
- Food: non-perishable, easy-to-prepare items (3-day supply for evacuation, 2-week supply for home)
- Flashlight
- Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)
- Extra batteries
- Deluxe family first aid kit
- Medications (7-day supply) and medical items
- Multi-purpose tool
- Sanitation and personal hygiene items
- Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies)
- Cell phone with charger
- Family and emergency contact information
- Extra cash
- Emergency blanket
- Map(s) of the area

Consider the needs of all family members and add supplies to your kit:

- Medical supplies (hearing aids with extra batteries, glasses, contact lenses, syringes, etc)
- Baby supplies (bottles, formula, baby food, diapers)
- Games and activities for children
- Pet supplies (collar, leash, ID, food, carrier, bowl)
- Two-way radios
- Extra set of car keys and house keys
- Manual can opener

Additional supplies to keep at home or in your survival kit based on the types of disasters common to your area:

- Whistle
- N95 or surgical masks
- Matches
- Rain gear
- Towels
- Work gloves
- Tools/supplies for securing your home
- Extra clothing, hat and sturdy shoes
- Plastic sheeting
- Duct tape
- Scissors
- Household liquid bleach
- Entertainment items
- Blankets or sleeping bags



Splinting...When? Why?

Submitted by Kristi Loret



During the CERT July meeting, we did a teach-back focused on splinting. What is splinting? It is the stabilization of an injured limb to prevent further injury. How do you know when a splint is required? The rule of thumb is when in doubt, splint it! Obviously, any wound needs to be tended to before a splint can be applied. Most importantly, make sure the patient is comfortable with what you are doing to assist them. This also includes the positioning of the splint. It is very important to make sure the splint is secured above and below the wounded area – NEVER on top of the wound!

How do you make a splint? If you are lucky enough to have a medical splint, use it! Often, we will find ourselves in situations where we run out of supplies or simply don't have what is needed. Supplies you can find in your immediate area can often be used. Some examples of what to look for: paint sticks, wooden spoons, cardboard, magazines, poles/sticks, pool noodles. Do you see the pattern? Any object that is sufficiently rigid and sized for the injured limb can be used. Add in some towels, belts, or strips of a sheet (or anything) for straps and you have a splint. Splints are intended to be used to immobilize a potential break until medical personnel can properly diagnose and treat. If a patient is complaining of pain that is not obvious, it is not possible for most CERT volunteers to determine the severity of a wound. Therefore, take the precaution and splint. When in doubt, splint - using what is available to keep the patient safe until medical personnel take over.

Storm Books for Children

Submitted by Carole Myles, MSLIS

Preparation for any storm can be traumatic and anxiety-producing for young children. Fortunately, there are many great books about weather and storms for the young that may assist in reducing anxiety. Here is a small sample for pre-teen children. Most of these books are in a Sarasota County library near you.

Farndon, John, et al. *Weather*. Illustrated, Scholastic Nonfiction, 2020. (ages 8-12, available on Amazon)

Hamalainen, Karina. *Extreme Weather and Rising Seas (a True Book: Understanding Climate Change) (a True Book (Relaunch))*. Illustrated, Children's Press, 2020. (ages 4-6, available in Sarasota County Libraries)

Holub, Joan. *Groundhog Weather School by Joan Holub (2011) Paperback*. Scholastic, 2022. (ages 5-8, available in Sarasota County Libraries)

Roker, Al. *Al Roker's Extreme Weather: Tornadoes, Typhoons, and Other Weather Phenomena*. Illustrated, HarperCollins, 2017. (ages 8-12, available in Sarasota County Libraries)

Winchester, Simon. *When the Sky Breaks: Hurricanes, Tornadoes, and the Worst Weather in the World (Smithsonian)*. Illustrated, Viking Books for Young Readers, 2017. (age 10+, available in Sarasota County Libraries)



September is National Preparedness Month Submitted by Bob Browne

This has been a relatively calm Hurricane season, and many might have developed an attitude that “it won’t happen here” this year. Quoting the noted philosopher, Yogi Berra, “It ain’t over till it’s over.”

September is National Preparedness Month sponsored by the [Federal Emergency Management Agency \(www.fema.gov\)](http://www.fema.gov). It is also the peak month for the development and arrival of Atlantic Ocean hurricanes. Don’t rely upon your local news exclusively in monitoring for hurricanes. The best resource is [National Hurricane Center \(noaa.gov\)](http://noaa.gov). The website for [National Preparedness Month](http://www.ready.gov) is www.ready.gov and it contains many very useful links to materials related to being prepared for a wide variety of emergencies.

Under the guidance of FEMA, there is a national program called CERT, Community Emergency Response Team (website -www.ready.gov/cert), that creates volunteer teams organized to assist their local communities in the event of any kind of localized emergency, like flooding and hurricane response. Here in Gran Paradiso, our Community Emergency Response Team, is comprised of community members that have banded together to be available to assist our community in times of trouble, especially those times when our paid employees and local emergency responders may not be immediately available. The website for our local C.E.R.T. is [Gran Paradiso CERT \(gp-cert.org\)](http://gp-cert.org).



The first step in preparing for your family’s response to a disaster, like a hurricane, is to make a plan (www.ready.gov/plan-form). My wife and I did that immediately after moving to Gran Paradiso. It is likely that the normal services provided by local emergency services providers will not be available for at least a week following a widespread natural disaster event. It is important that you, as a family, figure out what you would do in the event of an emergency and that you make the necessary preparations, in advance, to allow you to successfully implement that plan. This plan should be reasonably comprehensive and address the various options that you might have in the event of an ongoing hurricane that might hit our community.

If you have questions regarding your family’s emergency plan and how you can address various issues facing your family, consider reaching out to a member of the GP-CERT command team for assistance. Contacts are listed on the team website at [Contact Information – Gran Paradiso CERT](#).

Be safe!



All photos courtesy of Pixabay



The Gran Paradiso – Community Emergency Response Team (GP-CERT) has been formed to assist neighbors in the event of a natural or man-made disaster. The team is comprised of your neighbors who have undertaken the appropriate training to assist where needed.

Please submit articles and/or corrections to the newsletter publisher, Carole Myles, at cmyles252@gmail.com.



GP-CERT 2022		Zone Leaders 2022	
Incident Commander (IC)	Gordon Holtby gordon.holtby@gmail.com	Zone 1	Kristi Loret KrsLyn310@gmail.com
Deputy Incident Commander (IC)	Mitch Farrah mitchfarrah104@gmail.com	Zone 2	Lawrence Kalb rjk0947@aol.com
Recruitment Co-chairs	Ed Litcher belitcher@verizon.net Trent DePersia trent510@gmail.com	Zone 3	Steve Phillips sPhillips3@gmail.com
Logistics Officer	Priscilla Leishman pgleishman@yahoo.com	Zone 4	Jason Alvord JasonKorea03@gmail.com
Communications Officer	Tom Porada tom@porada.com	Zone 5	Brian Sheftel bsheftel12204@gmail.com
Access Control Officer	Bob Browne bobbrowne@msn.com	Zone 6	Paddy Padmanabhan paddy0206@gmail.com
Education Chair	Kristi Loret KrsLyn310@gmail.com	GP Zone Map	https://gp-cert.org/?page_id=521
IC Scribe	Jo Holtby jo.holtby@gmail.com		
Triage Team Coord.	Barbara Lichter belitcher@verizon.net		

The GP Responder is a publication of the Gran Paradiso—Community Emergency Response Team. Our plan is to publish it every third month throughout the year. The GP Responder is forwarded to all residents by ICON, our management company, and it is also available for viewing in the GP-CERT website at <https://gp-cert.org>

