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Special points  
of interest:

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KORNER
- TRAINING  
KALENDAR

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# GLOUCESTER C.E.R.T.

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## PENINSULA DRILL MAY 17, 2014

Ladies and gentleman, please find your seats, curtain call in 5 minutes.....

Guess what folks... it's show time again.

On May 17, 2014, we will again participate in the Peninsula Drill Exercise at Newport News.

This year, though we do not know the event, will be handled differently.

Instead of a collective group of CERT members from all counties represented, we will be present as an individual CERT unit.



This means that we will get into the action as per our strengths, and as per the need. Quite sure we will be involved in every aspect, but in a more positive capacity.

What we need to address now is getting polished on our skills.

Basic First Aid touching on splints, bandaging, cravats etc. is a must.



Transport of the injured, is a high priority anytime, anywhere.

Teams and leaders are a plus, including a specialized team that will handle medical operations exclusively is on board.

Naturally the list goes on and on. In short, we need to be on our "A" game, which is no problem for our team as we are always on point.

However, knowledge is power, and our power lies on our knowledge of all aspects of what we represent. With that all said and done, we are looking to do specialized training as we get closer to that date.

If you feel the need to work on a specific area, give us a shout so we can plan for it. Get ready, be on point.



### Jane's Korner

2014 is already starting out to be a great and busy year for your Gloucester CERT.

Winter is still here and we are continuing to make plans and strengthen our CERT program.

Did you know that Gloucester CERT has a Facebook page? Please check it out!

Did you know that our newsletter is also featured each month on our website?

Did you know that we are offering trainings monthly and that we are posting opportunities on the county calendar?

We are open to ideas on how to continue to keep you informed and the best way to reach out to you.

Let us know which event you want to volunteer at and we will sign you up.

As an added "thank you", we will begin offering some additions to your CERT kits.

See you soon!

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**B-NICE CORRIDER by: HENRY “ HURRICANE” THOMPSON**

The big news this month is that we are changing our name. We will henceforth be known as the B-NICE Corridor. Take a look at Unit 8 of your CERT Training Manual and you will quickly discover that the term WMD or Weapons of Mass Destruction is never used in your manual. Instead, the manual points out the fact that experts generally agree there are five categories of possible terrorist weapons and the acronym B-NICE is provided to help you remember. Quick! Close your eyes and say out loud as many of these categories as you can remember.

Okay, good. Open your eyes and let us see how many you got correct. B is for biological and these agents are found in nature. N is for nuclear detonation but also includes radiological to encompass dirty bombs or radiological dispersion devices. Sadly the radiological materials needed to make these dirty bombs are readily available in hospitals, laboratories and other medical facilities. I is for incendiary and these devices, which are easy to make, are intended to start a fire. C is for chemical and these agents cover a wide range of harmful effects and can be produced from many products already sold locally. The final letter, E, is for conventional explosives: the weapon of choice in more than 80 percent of attacks. We are all familiar with the term IED or improvised explosive device. The IEDs used in the Boston Marathon attack are a perfect example of a locally produced and extremely harmful weapon.

And so now the WMD Corner has become the B-NICE Corridor. As we stroll down the corridor each month, I will examine specific cases and address concerns about one of the five categories of possible terrorist weapons. Share your concerns with me on B-NICE topics and I will provide as much practical information as I possibly can.

**Gloucester CERT, Ready for action**

# TRAINING CALENDAR

**FEB. 4 & 18 DISASTER MED. OPS**

**MARCH 13– DAFFODIL FEST. TRAINING**

**MARCH 18– SEARCH & RESC.**

**MARCH 29– LATTER DAY SAINTS**

**APRIL 4/6 -DAFFODIL FEST.**

**MAY 17-PENINSILA DRILL**

**CERT members can be found supporting local businesses including: Olivia’s on Main St. for regular cuisine, and Las Tunas for Mexican, also on Main Street. YEA!!!!**

**YUM YUM YUM**

**Please send in any ideas, stories or suggestions for the newsletter.**

**This is your newsletter and “YOU MATTER”**

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# **URGENT...URGENT...URGENT...URGENT...URGENT...URGENT**

## **VOLUNTEERS NEEDED FOR THE FOLLOWING:**

**2-3 persons to be responsible for trailer transportation and maintenance. Duties include transporting 1 or both trailers from point A to point B and back, and reorganize the same after an event. As events occur.**

**4-6 persons for set up of activity or staging area. Duties include setting up tables, chairs etc. at trailer locations, setting up a medical triage and break down, as events occur.**

**1 person to take over as: LOGISTICS SECTION CHIEF**

**1 person to take over as: ADMINISTRATION SECTION CHIEF**

**4 - 6 people for work in damage assessments. Duties include determining basic structural and area damage .**

**15—20 persons to be trained in sheltering( both people and pets ) and medical trailer procedures. 12 -15 persons will be specifically trained in the proper use of the medical trailer to be stationed at a particular shelter or relocation center during an event.**

**These people will eventually oversee another CERT group who will be exclusively dedicated to this process. (You will receive special training for this )**

**This is a very important function for our community. If we do not have people trained on this, we will be at a tremendous loss and can possibly lose it to another county.**

**All these positions are not limited to these duties. After these preliminary duties, you may still assist in other areas as per your choice, and as you can see, very easy to do.**

**We just need your help.**

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February is the month of love, the month of hearts, a wonderful time of the year . With that in mind, it would be a good idea to take care of your own heart, your real heart, so that you will be alive to share this wonderful experience with those that are important to you. Let's take a peak at what heart failure is all about.

Heart failure affects about 5 million Americans. Roughly 550,000 people are diagnosed with heart failure each year. It is the leading cause of hospitalization in people older than 65.

### What Is Heart Failure?

Heart failure does not mean the heart has stopped working. Rather, it means that the heart's pumping power is weaker than normal. With heart failure, blood moves through the heart and body at a slower rate, and pressure in the heart increases. As a result, the heart cannot pump enough oxygen and nutrients to meet the body's needs. The chambers of the heart respond by stretching to hold more blood to pump through the body or by becoming more stiff and thickened. This helps to keep the blood moving for a short while, but in time, the heart muscle walls weaken and are unable to pump as strongly. As a result, the kidneys respond by causing the body to retain fluid (water) and sodium. If fluid builds up in the arms, legs, ankles, feet, lungs, or other organs, the body becomes congested, and congestive heart failure is the term used to describe the condition.

### What Causes Heart Failure?

Heart failure is caused by many conditions that damage the heart muscle, including:

- **Coronary artery disease.** Coronary artery disease (CAD), a disease of the arteries that supply blood and oxygen to the heart, causes decreased blood flow to the heart muscle. If the arteries become blocked or severely narrowed, the heart becomes starved for oxygen and nutrients.
- **Heart attack.** A heart attack may occur when a coronary artery becomes suddenly blocked, stopping the flow of blood to the heart muscle and damaging it. All or part of the heart muscle becomes cut off from its supply of oxygen. A heart attack can damage the heart muscle, resulting in a scarred area that does not function properly.
- **Cardiomyopathy.** Damage to the heart muscle. Causes include artery or blood flow problems, infections, and alcohol and drug abuse.
- **Conditions that overwork the heart.** Conditions including high blood pressure, heart valve disease, thyroid disease, kidney disease, diabetes, or heart defects present at birth can all cause heart failure. In addition, heart failure can occur when several diseases or conditions are present at once.

### All Age Groups: Keep in mind these pointers, they can help make a difference.

No matter what your age, everyone can benefit from a healthy diet and adequate physical activity.

Choose a healthy eating plan. The food you eat can decrease your risk of heart disease and **stroke**. Choose foods low in **saturated fat, trans fat, cholesterol, sodium** and **added sugars and sweeteners**. As part of a healthy diet, **eat plenty of fruits and vegetables, fiber-rich whole grains, fish** (preferably oily fish -- at least twice per week), **nuts, legumes and seeds**. Also try eating some **meals without meat**. Select fat-free and low-fat dairy products and lean meats and poultry (skinless). Limit sugar-sweetened beverages.

- **Be physically active.** You can slowly work up to at least 2½ hours (150 minutes) of moderate-intensity aerobic physical activity (like brisk walking) every week or an hour and 15 minutes (75 minutes) of vigorous intensity aerobic physical activity (such as jogging or running) or a combination of both every week. Additionally, on two or more days a week you need muscle-strengthening activities that work all major muscle groups (legs, hips, back, abdomen, chest shoulders and arms).