

## Volcano CERT

Nov. 3, 2018 minutes

The regular monthly meeting was convened by Team Leader Nancy Lakin shortly after 9 a.m. at Cooper Center. Self-introductions followed, with special greetings for a big contingent from Fern Forest, where a core group of newly CERTified residents is working toward forming its own neighborhood CERT organization. For now, the Fern Forest folks are part of the Volcano CERT umbrella group, as are the Fern Acres CERTs, who also are working toward forming their own community entity.

Nancy welcomed the following to the November meeting: Ellen Train, Sher Glass, Patti Pinto, Teresa Evangelista, Ray Burden, John Butler, Tony Moorehead, Rhonda Beatty, Jesse Thornton, Richard Bingham, Lee Pennington, Kathleen Archer, Claudia Zirolì, Norman Walcott, Hank Schultz, Jimmy Love, Bill Gray, Bob Becker, Balmore Vasquez, Angela Key, Carole Slattery, Sharon McCartin, Dennis McCartin, Duane Nakanishi, Beatrice Nakanishi, Paul Lakin, Leigh Critchlow and Chris Corley.

County CERT volunteer coordinator Patti Pinto announced the Hawaii County CERT calendar for 2019, which will be emailed to CERTs shortly. Of special note is the June 1-2 countywide CERT exercise and training conference, with location TBA. In the months leading up to the event, our team will be preparing for our role.

Nancy invites ideas for monthly meeting program and/or training topics.

Patti discussed the new 501(c)3 organization she and Claudia have formed: Puna Makaukau. Through this official venue, they now are able to process nonprofit grant applications and invite other groups lacking this official nonprofit status to use Puna Makaukau as the official conduit for grants. They view this long-anticipated achievement as a special, important way to assist the community at-large.

Nancy announced that our final meeting of the year will be on the SECOND Saturday of December, probably at the Village Church, just up Wright Road from Cooper Center. The reason: The next session in the CERT "Train the Trainer" series will be on the first Saturday and Sunday, Dec. 1-2, at the Mauna Kea State Recreational Area on Saddle Road. If you're interested in attending, contact Patti.

Nancy passed around a menu signup sheet for our annual December meeting potluck. If you missed the meeting, please let her know what you'll be bringing. Also on tap at the December meeting: "CERT Jeopardy" with Bob Becker, lots of holiday camaraderie, and a "CERT Bucket Demo" with Claudia Zirolì.

Paul Lakin, captain of the Volcano Volunteer Fire Department, offered a short tutorial on what to do, and what not to do, if we're ever in proximity to an "active shooter." It seemed an appropriate topic, in the wake of the recent tragic massacre at the Pittsburgh synagogue.

Duane Nakanishi, a veteran crisis responder and counselor, discussed the importance of peer-driven, psychological debriefings in the wake of stressful situations. He has worked for years with first responders and the general public to help individuals successfully get through the normal human reactions to abnormal situations. He works under the format of the International Critical Incident Stress Foundation Inc. (Helping Save the Heroes), although there are other processes equally valid. For more info, visit: <https://icisf.org>. \*\*\*

For the individual -- prior to becoming involved in any sort of disaster response -- it is vital to "know yourself," Duane stressed. "You have to know your limitations." For instance: if just the sight of blood makes you weak, or you are not physically up to hiking for many miles on a search-and-rescue mission, ask team leaders "Where else can I be utilized?" Serving coffee to overwhelmed, exhausted responders can be a service just as vital in the teamwork scheme.

Respectfully submitted,

Leigh Critchlow, secretary

\*\*\* What is Critical Incident Stress Management (CISM)?

Critical Incident Stress Management (CISM) is a method of helping first responders and others who have been involved in critical incidents that leave them emotionally and/or physically affected by those incidents. CISM is a process that enables peers to help their peers understand problems that might occur after an event. This process also helps people prepare to continue to perform their services or in some cases return to a normal lifestyle.

ICISF provides training for individuals interested in becoming a part of a crisis management team, or for an organization that is dedicated to helping individuals or groups recover from incidents.