



FEMA

Citizen Corps

August 2007 Newsletter



The View from HQ

National Preparedness Month is almost here! Last year, there were over 900 activities nationwide, focusing on different aspects of citizen and community preparedness for all types of hazards. In case you are still looking for ways to spread the word about preparedness in your area, look inside this newsletter and/or contact your Citizen Corps Council for examples of just some of the innovative activities that took place last year and events to come this year in communities around the country. Don't forget to post your events to our calendar, too! Also inside this newsletter, learn who is new at Fire Corps, read highlights of Citizen Corps and partner activities submitted by readers, get helpful safety tips, and more. As always, we look forward to feedback and good stories from our readers. Please see our editorial policy on submissions on the last page of this newsletter.

National Preparedness Month

As September approaches Citizen Corps and Ready.gov are gearing up for the fourth annual National Preparedness Month. National Preparedness Month is a nationwide effort meant to encourage Americans to take simple steps to prepare for emergencies in their homes, businesses and schools. Throughout September, the U.S. Department of Homeland Security will work with over 1,000 organizations to highlight the importance of emergency preparedness and promote individual involvement through events and activities across the nation. *"Get a kit, make a plan, be informed and get involved."*

Get a Kit: An emergency supplies kit should include items such as water, medicines, a flashlight, non-perishable food, blankets, a battery-powered radio, spare batteries and a first aid kit. These supplies should be sufficient for 72 hours.

Make a Plan: Be sure to have emergency plans are in place and regularly practiced so when the time comes, you and those around you know where to go and what to do in case of an emergency.

Be Informed: Know where to locate the local fire department, police station and nearest hospital as well as how to contact them (via phone or internet) in emergency situations. Also, stay informed on current threats and risks in the area.

Get Involved: Participate in community preparedness activities. Help prepare, protect, respond and recover from all-hazards affecting everyone in your community.

Let's make this the best National Preparedness Month yet! Sign up as a Coalition member and get involved through your Citizen Corps Council. To learn more, visit: <http://www.ready.gov/america/npm07/index.html>.

By the Numbers:

Citizen Corps Councils:	2,232
CERT	2,714
Fire Corps	658
MRC	685
NWP	14,791
VIPS	1,586
Affiliates	25

What are you doing for National Preparedness Month?

Be sure to post it on the Citizen Corps Calendar:

<http://www.citizencorps.gov/cc/showEvent.do?submitCalendar>

For more info on National Preparedness Month visit

www.ready.gov or
www.citizencorps.gov.

Become a National Preparedness Month coalition member!

Coalition members agree to distribute emergency preparedness information and sponsor activities across the country that will promote emergency preparedness. Membership is open to all public and private sector organizations. Groups and individuals can register to become National Preparedness Month Coalition members by visiting <http://www.ready.gov/america/npm07/index.html>.

September is...
National Preparedness Month
Get a Kit, Make a Plan,
Be Informed and Get Involved

Be Ready Alabama

Alabama is participating in National Preparedness Month with the second-annual "Be Ready Camp," which will again be held in September at the U.S. Space and Rocket Center in Huntsville. This residential camp explores ways to engage youth (6th graders) in individual, family and community preparedness. Students from across the state will participate in three sessions of the five-day camp, which consists of a modified CERT training supplemented with additional team building and career awareness activities. Camp curriculum includes: emergency preparedness, introduction to survival and first aid, developing an emergency kit, creating a family disaster plan, water survival, light search and rescue, disaster psychology, triage, career exploration, and terrorism awareness. *Be Ready Camp* also allows kids to step into the shoes of public safety professionals, such as police officers, fire fighters, doctors, soldiers and others through a mock disaster situation. Alabama's Be Ready campaign sponsors state-wide events to fit the preparedness needs of its vast population year-long. Be Ready Seniors is making an impact in the lives of hundreds of Alabamians, thanks to AmeriCorps volunteers who put together more than 800 Ready Kits that were distributed to low-income seniors across the state through the Alabama Department of Senior Services. Citizen awareness and involvement are key components in Alabama's homeland security and Be Ready efforts.

Radio Disney Summer Tour Highlights Emergency Preparedness

Kids can learn how they can help their families prepare for emergencies at one of the coolest events touring the nation this summer. The U.S. Department of Homeland Security's Ready Campaign and local Citizen Corps Councils are participating in The Advertising Council's partnership with Radio Disney's MOVE IT! tour, which is traveling to 42 malls across the country this July and August. At the events, Homeland Security and local Citizen Corps members will distribute Ready Campaign and Ready Kids information. Kids will also be able to play the Ad Council's "Tips & Tunes" Trivia Toss, where they can answer Emergency Preparedness questions to earn cool campaign giveaways. For more information, or if you're interested in staffing a Radio Disney event in your area, contact ready@dhs.gov.

New Electronic Guidebook Helps First Responders With HazMat Incidents

Two federal agencies joined forces to give fire fighters and other emergency responders instant access to information that will help them determine the best way to safely contain hazardous materials spills and battle chemical fires in the first critical moments of an incident. Emergency responders will for the first time have electronic access through laptops and Personal Digital Assistants (PDAs) to the 2008 Emergency Response Guidebook (ERG) under the new effort between the U.S. Departments of Transportation (DOT) and Health and Human Services (HHS). The guidebook is the go-to reference for first responders to help them quickly identify hazardous material classifications, determine the best response, and protect themselves and the general public immediately following an incident. For more information on the ERG, visit <http://hazmat.dot.gov/pubs/erg/guidebook.html>.

Did you know....

Approximately 175 Americans die from heat each year. Young children, elderly people, and those who are sick or overweight are more likely to become victims. For more information log on to, www.fema.gov/hazard/heat.

In Case of Emergency- ICE

ICE is a tool available to assist first responders in locating your primary point of contact via cell phone when you are unable to do so. Here are four easy steps:

- Open your cell phone address book
- Enter your emergency contacts' names and numbers under the notation "ICE". For example, if your mother is the emergency contact, write "ICE-MOM"
- Let your contacts know that they will be called in an emergency
- Emergency personnel will then be able to quickly call your emergency contact to obtain vital medical information and make decisions about your care

For more information go to www.NJHA.com.

Spread the Word and Help Prepare for Extreme Heat

Extreme heat hit the western part of the country during the first weeks of July causing heat-related deaths and wildfires. The environment, animals and humans are all affected by high heat conditions. As the temperature continues to rise, vulnerable populations (the very young, elderly and those with chronic health issues) need to take special precautions to stay cool in the hot weather. Heat disorders or heat illnesses are characterized by certain symptoms and require treatment; the most severe cases may require hospitalization. Below is a summary table of more common heat disorders, symptoms and ways you can help yourself or someone suffering from heat-related illness:

Heat Disorder	Symptoms	Treatment
Heat cramps	Heavy sweating; painful spasms (usually in muscles of legs and abdomen)	Urge victim to stop activity and rest in a cool place; gently massage muscles where spasms occur; administer sips of water if victim cannot drink by him/herself
Heat exhaustion	Heavy sweating; skin feels cool, is pale and clammy; pulse is fast but weak; breathing pace is fast but shallow; dizziness, fainting, nausea and/or vomiting	Get victim to a cool place; loosen clothing or remove entirely while applying cool and moist cloths; administer sips of water if victim cannot drink by him/herself
Heat stroke (sun stroke)	Internal temperature reaches 103° F or higher; sweating ceases; pulse is fast but weak; breathing pace is fast but shallow; skin becomes red and dry; nausea, dizziness, headache and/or confusion	This disorder causes emergency situations and requires medical attention immediately. Don't delay getting the victim to a hospital, but when waiting for first responders get the victim cool by either bathing him/her and/or use sponges to reduce body temperature

Source: www.redcross.org

Remember to avoid heat-related injury at all costs by wearing lightweight clothing, keeping hydrated (do NOT consume dehydrating liquids such as coffee or sugary soft drinks), eat smaller portions more often and stay indoors or in cool areas as much as possible. Please refer to the American Red Cross (ARC) website for more information on this topic, www.redcross.org/article/0,1072,0_276_6825,00.html. The ARC is an affiliate of Citizen Corps.



*New Fire Corps Director
Melissa Speed*



*Dorchester County, MD,
CERT*



*A scene from the 2006 North-
west CERT expo*

Program Partner Updates

Fire Corps Welcomes New Program Director

Melissa Speed has joined the Fire Corps staff as the new National Program Director. She came to Fire Corps with experience in program management as well as in local and international government. Melissa's responsibilities include providing vision and direction for the program, implementing program activities, and serving as the program spokesperson. Melissa can be contacted at 1-888-FC-INFO1 or mspeed@firecorps.org.

Dorchester County, MD, Graduates First Bilingual CERT Class

Emergency management in Dorchester County, MD, broke language barriers to include both Spanish and English speaking volunteers on its CERT. Both groups expressed similar concerns about protecting themselves and their families in the event of a disaster on the Eastern Shore. For questions about the training, please contact the Dorchester County Emergency Management Agency at 410-228-1818 or Chesapeake College (Jackie Potter) at 410-827-7744.

Affiliate Highlights

Texas Emergency Management Agency Called on U.S. Civil Air Patrol (CAP) in Flooding Crisis

Seventeen central Texas counties reported heavy rains and flooding in June. In response to this dangerous situation, state government positioned state resources and equipment in strategic locations while continuing to provide immediate response to protect lives and property.

In response to a request from the Governor's Division of Emergency Management, the Texas Wing (one of the 52 wings in CAP) supplied aircraft to provide aerial photography flights over flooded areas. That arrangement brought essential information to the many organizations coordinated by Gov. Rick Perry to provide direct response during the life-threatening situation.

Other responding agencies included the Texas Task Force 1 Swiftwater Rescue Teams, Volunteer Organization Emergency Shelter response teams, Volunteer and State Emergency Response Vehicles, and U.S. Coast Guard H-65 helicopters that stood by in three staging areas for immediate response. For more information, visit www.cap.gov.

Northwest CERT Expo 2007 For CERT graduates, by CERT graduates

On September 22nd, over 250 CERT graduates will spend their Saturday at the Washington State Fire Training Academy sizing up and putting out fires; rescuing, treating, and transporting victims; and practicing search and rescue skills. Now in its sixth year, the Northwest CERT Expo has grown from a local county event to an exercise that draws CERT members from throughout the Pacific Northwest.

State Citizen Corps Coordinator Tyler Ray says the Expo "is a great way for our volunteers to exercise their skills, network with other teams, and add to their understanding of how they would be used in a large-scale disaster."

With participation from Children's hospital, Snohomish County, numerous fire departments, and the many volunteers that have helped to bring together this year's Expo, the event promises to be one you don't want to miss! For more information please visit www.certnorthwest.com.

One Day's Pay is now MyGoodDeed Inc.

It's official—One Day's Pay is now MyGoodDeed. The organization's mission is to encourage people everywhere to set aside time every September 11 to perform good deeds of their choice to help others in need. For more information on this Citizen Corps Affiliate, visit www.mygooddeed.org.

Upcoming Affiliate Conferences

2007 Civil Air Patrol
National Board & Annual
Conference
August 9-11, 2007
Atlanta, GA
Visit www.cap.gov for more
information

8th National Conference on
Preventing Crime
October, 3-5 2007
Atlanta, GA
Visit [www.ncpc.org/
NationalConference2007](http://www.ncpc.org/NationalConference2007) for
more information

Affiliate Highlights *(continued)*

Orange County RACES and AMBER Alerts

AMBER Alert notifications in many jurisdictions use media notifications, Emergency Alert System (EAS) activations, and highway reader board signs. Orange County, CA, also uses Amateur Radio because "hams" represent additional eyes traveling the freeways and city streets. Radio Amateur Civil Emergency Service (RACES) volunteers broadcast AMBER alert information over open 2-meter RACES repeater. Alerts are transmitted at 15 minute intervals and an operator is always standing by should any ham radio operator spot a possible suspect vehicle.

For details on how RACES volunteers support AMBER Alerts, contact Robert Stoffel, Director, Communications Division, and Orange County (CA) Sheriff's Department. Email: Robert.stoffel@ocgov.com. For more information on amateur radio, visit Citizen Corps affiliate American Radio Relay League website: www.arrl.org.

American Red Cross Relief Workers Respond from Across the Nation

When the North Texas floods struck in mid-June, Marlene Hess immediately volunteered to travel home and work in her hometown of Muenster, to help those in need. Hess is currently employed with the National Capital Area Chapter of the American Red Cross in Washington, DC.

Darlene Williams, Hess' twin sister and a math teacher at Muenster High School, pitched in to help, too. Williams stated she has dual motives for volunteering. "I thought this was the perfect opportunity to see what my sister does for the Red Cross and be able to help the people of our community at the same time. I knew that if I was working with the Red Cross, I'd be doing something useful." The agency provided shelter for those displaced from their homes and mental health counseling and distributed food, water and cleaning supplies during this disaster. "I continue to be heartened by the generosity of the people from all over the nation, but particularly those from Cooke and Grayson Counties. It's part of why I love working for the Red Cross. In daunting circumstances people do amazing acts of kindness and in my hometown, I'm happy to be here to help," Hess said.

Home Safety Council's *Get Ready with Freddie!*



In honor of National Preparedness Month and with funding from the U.S. Department of Homeland Security/FEMA, the Home Safety Council (HSC) will distribute its popular *Get Ready with Freddie!* disaster preparedness kit this month.

The campaign is geared toward teachers and students in the nation's 65,000 elementary schools. The kit will be delivered in late August to an estimated 13 million teachers, students and their families to teach them about preparedness. HSC is also sponsoring a national *Kids Prepare America Contest* to showcase how students are driving family preparedness efforts at home. One student winner will be chosen from each of the 10 FEMA regions for a Grand Prize trip to Washington, D.C., in June 2008, accompanied by an adult family member, his or her teacher, and a local safety partner. Citizen Corps members are invited to join the HSC Expert Network to receive a free copy of the *Get Ready with Freddie!* program and contest rules. To register please visit www.homesafetycouncil.org/expertnetwork

Three-Month Outlook

Consider incorporating some of these themes into your community preparedness activities over the coming months.

August

- August 7, 2007: The 24th Annual National Night Out
- Heat Wave
- Water Conservation

September

- National Preparedness Month
- September 9, 2007: Grandparents Day and Healthy Aging Month
- September 11, 2007: Anniversary Attacks
- September 15-October 15, 2007: National Hispanic Heritage Month
- September 17, 2007: Citizenship Day
- September 23-29, 2007: Deaf Awareness Week

October

- Crime Prevention Month
- Diversity Awareness Month
- Oct. 7-13, 2007: Fire Prevention Week

Editorial Policy

Citizen Corps welcomes your stories and best practices. If you would like to submit a story for consideration, please review our editorial policy.

- **Due Date:** All articles must be received by the 15th of the month to be considered for the next newsletter.
- **Length:** Articles should be between 50 – 150 words, or one to three paragraphs.
- **Format:** Submit text in Word 12pt Times New Roman, or paste directly into your email. Articles submitted as PDF will be not be used.
- **Previously Published Articles:** If you wish to submit a published article, you must obtain and include written permission from the publication, to comply with copyright laws.
- **Photos:** If submitting a photo, attach it to your email as a JPG or TIF file. Include the names of people in the photo and a description of what they are doing and why. NOTE: Photos are assumed to be approved for publication.
- **Complete Information:** Be sure to include complete and accurate information, including city and state, name of people or organizations involved, date of activity, contact information for author, and other relevant information.
- **Changes:** Citizen Corps retains the right to edit all stories for length, clarity, and accuracy.
- **Acceptance:** Submissions are selected based on a variety of factors, including but not limited to: activities of national interest, timeliness, space available, completeness of information, relevance, and other criteria.
- **Where to submit:** Please submit your articles to your regional program managers, and copy your state Citizen Corps program manager. (For a listing of state contacts, please visit: www.citizencorps.gov/citizenCorps/statepoc.do.)
 - Regions 1, 2, and 3 (CT, DC, DE, MA, MD, ME, NJ, NH, NY, PA, RI, VA, VT, WV, Puerto Rico, Virgin Islands): Angela Heim: angela.heim@dhs.gov
 - Regions 4 and 7 (AL, CO, FL, GA, KY, MS, MT, NC, ND, SC, SD, TN, UT, WY): Stephanie Poore: Stephanie.poore@dhs.gov
 - Regions 5 and 7 (IA, IL, IN, KS, MI, MN, MO, NE, OH, WI): Jim Opoka: james.opoka@dhs.gov
 - Regions 6, 9, and 10 (AK, AR, AZ, CA, ID, HI, LA, NM, NV, OK, TX, WA, Guam, American Samoa, Northern Mariana Islands) Fred Bretsch: fred.bretsch@dhs.gov
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