



THE DEMHS ADVISOR

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November 2005

Issue 5

Commissioner Notes

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November is that time of year when the season begins to change and our thoughts turn towards the holidays and time spent with our families and friends.

Veteran's Day fell on November 11th and we at DEMHS would ask that you spend a few moments remembering those men and women who have fought and died to protect and secure the freedoms we enjoy on a daily basis. We also ask that you pray for the safety of those Soldiers, Sailors, Airmen and Marines who are serving today; so many of whom will spend their holidays on foreign soil continuing the fight.

We wish to extend to their families our deepest appreciation for the sacrifices that they make in our country's time of need. Be assured that we do not take lightly the burdens you face as your fathers, sons, mothers and daughters, sisters and brothers are away from home.

There is a poem that has been circulating the web entitled *Freedom Isn't Free* that is a poignant reminder of just what it takes to keep any democracy intact. May we never forget the sacrifices made by those who have chosen to protect this fragile ideal.

I would also like to take a moment to wish you and your families a Happy and Safe Thanksgiving.

WHAT'S NEW:

**November is
National Diabetes
Awareness Month**

Happy Thanksgiving

UPCOMING EXERCISES:

Forum on Disaster
Preparedness for People
with Disabilities

TLO Conference

**Remember to Thank
our Veterans**

Winter Storms

Information for the Public from our Friends at CL&P

Connecticut's winters are legendary, and severe weather can cause power outages. It takes two things to get through a big storm -preparation and patience - while CL&P crews work safely to restore your service.

If your power goes out, check your neighbors' homes. If they're without power, too, it's probably due to an outage. If yours is the only house without power, look for a blown fuse or a tripped circuit breaker. If the power stays off for more than a few minutes, call CL&P at 1.800.286.2000 (860.947.2000 in the Hartford and Meriden calling areas).

PLEASE BE PATIENT

After a major storm, CL&P tackles outages in order of severity. First, they make every effort to make dangerous areas as safe as possible. Then they work with towns to restore electricity to vital facilities such as hospitals, fire and police stations, shelters, and water and sewage treatment facilities.

Before they can restore service to your street, they must first repair damaged substations, main electric lines and wires that feed power to streets such as yours.

STAY AWAY FROM POWER LINES

Be extra cautious if you go outside to inspect damage after a storm. Downed or hanging wires could be hidden by trees or debris, and could be live and dangerous. Always assume that a downed power line is a live line. Call CL&P to report downed lines or any outage-related problem.

COMMUNITY OUTLET

When a storm with high winds or heavy, wet snow comes through Connecticut, more than 90% of the outages on CL&P's system are caused by trees and tree limbs. One study indicates that there are 185 trees, more than twice the national average, along every mile of CL&P's distribution system.

WHO KNEW?

Tips to prevent fire or electric shock when using portable heaters:

- * Never put any type of heater on top of carpeting.
- * Keep at least three feet of open space around the heater, and never dry clothing on a portable heater.
- * Do not use space heaters while sleeping.

LIFE-SUPPORT EQUIPMENT

If you or someone in your household uses life-support equipment, you should have a backup plan in the event of a power outage. Please let CL&P know about medical priorities by calling 1.800.286.2000 (860.947.2000 in the Hartford and Meriden calling areas).

GENERATOR SAFETY

If you buy a generator for your home, make sure it is installed by a licensed electrician. You may need a town permit or an official inspection for the generator. Before using a portable generator, you must disconnect your home's internal electric wiring from CL&P's service. Otherwise, power from the generator can go out over the utility lines, endangering the lives of workers making repairs.

Remember, generator exhaust is deadly. The unit must be properly ventilated. We recommend that the unit not be located indoors.

Connecticut Light & Power
P.O. Box 270
Hartford, CT 06141-0270



Town Notes:

Preparing makes good business sense. Get ready now.

America's businesses form the backbone of the nation's economy; small businesses alone account for more than 99% of all companies with employees, employ 50% of all private sector workers and provide nearly 45% of the nation's payroll. If businesses are READY to survive and recover, the nation and our economy are more secure. A commitment to planning today will help support employees, customers, the community, the local economy and even the country. It also protects your business investment and gives your company a better chance for survival.

Business continuity and crisis management can be complex issues depending on the particular industry, size and scope of your business. However, putting a plan in motion will improve the likelihood that your company will survive and recover. The following information is a good start for small- to mid-sized businesses. Companies that already have their emergency plans in place can continue to help create a more robust sustainable community by mentoring businesses in their own supply chain and others needing advice.

Please type this link into your internet address bar.

<http://www.ready.gov/business/index.html>

November is National Diabetes Awareness Month

During November, 59 state and territorial diabetes prevention and control programs, the National Institutes of Health, the American Diabetes Association, community-based organizations, other partners, and CDC will highlight activities that increase awareness about diabetes. An estimated 17 million persons in the United States have diabetes. Heart disease and stroke are the leading causes of diabetes-related deaths. Adults with diabetes have a two to four times higher risk for stroke, and their death rate from heart disease is two to four times higher than adults without diabetes (1). During 1990--2000, the prevalence of diagnosed diabetes, including gestational diabetes, increased 49% among U.S. adults (2).

Each week in November, MMWR will publish reports related to diabetes. In addition, CDC has prepared two reports, "Helping the Student with Diabetes Succeed: A Guide for School Personnel" (available at http://www.ndep.nih.gov/diabetes/pubs/youth_schoolguide.pdf) and "Public Health Approaches in Diabetes Prevention and Control," which describes population-based diabetes prevention and control interventions (3). Additional information about diabetes is available from CDC at <http://www.cdc.gov/diabetes>. Please type these links into your internet address bar.

Veterans need not have been in combat or gone overseas to qualify for Federal Dept. of Veteran Affairs (VA) primary health care or prescription medications.

To get benefits, submit a 10-10EZ form with a copy of your DD214 discharge papers to the:

West Haven VA,
950 Campbell Ave.,
West Haven CT 06516.

For more information, call 860.666.6951 or 1.800.827.1000 (press 0), or visit www.va.gov.

CONNECTICUT TERRORISM LIAISON OFFICERS CONFERENCE

December 14, 2005
Marriott Hotel & Conference
Center
100 Capitol Blvd., Rocky Hill, CT

The Department of Emergency Management & Homeland Security, Statewide Anti-Terrorism Task Force will host the Connecticut Terrorism Liaison Officers Conference on Wednesday, December 14th, 2005 at the Marriott Hotel & Conference Center, in Rocky Hill, CT.

This conference is designed for patrol and investigative level officers and supervisors. The individual(s) attending this conference should be considered by their respective agency as being the liaison representative(s) who will participate in this statewide program. Officers responsible for their agency's training are also encouraged to attend.

Topics will focus on cyber capabilities of Islamic terrorist groups and general dynamics of gangs and their link to terrorism.

Guest speakers are Andrew MacPherson, Assistant Research Professor, University of New Hampshire, Justiceworks Institute, who has conducted extensive research and written a paper on the cyber capabilities of Islamic terrorist groups, and tools & technologies for law enforcement investigating cyber attacks. Mark Anthony Spain is a Behavioral Specialist with Youth Villages, a national outreach program for troubled youths. He has provided training to numerous law enforcement agencies on the dynamics of gangs and youth violence. He is also Security Director for Phoenix Global Intelligence Systems, an organization which provides real time terrorist information, intelligence and strategic analysis to law enforcement and military agencies in the United States and other nations.

There is no registration fee. Seating will be limited to 200 attendants, therefore it is requested that all attendees pre-register prior to December 12, 2005 to ensure a reserved seat. Any seating available after that date will be on a first come first served basis. A complimentary continental breakfast, buffet lunch, and afternoon snack will be served, and provided through the Federal Byrne Grant Program.

This conference is sponsored by the New England State Police Intelligence Network (NESPIN) and the International Counter Terrorism Officer's Association (ICTOA).

This conference is restricted to local, State, Federal, public utility, and university, law enforcement personnel. Due to the sensitive nature of this subject matter and for security reasons, all attendees will be required to present proper identification. Local officers will receive 5 P.O.S.T. credits.

For additional information, please contact the DEMHS staff at 860-256-0916 or e-mail inquiries to lee.toffey@po.state.ct.us, we look forward to seeing you at the conference.

TLO Conference - Wednesday, December 14, 2005

- 7:30 A.M. – 8:30 A.M. *Registration & Breakfast*
- 8:30 A.M. – 9:00 A.M. *Opening Comments*
- 9:00 A.M. – 10:30 A.M. *"Cyber Capabilities of Islamic Terrorist Groups"*
Andrew MacPherson – Justiceworks Institute
- 10:30 A.M. – 10:45 A.M. *Break*
- 10:45 A.M. – 12:15 P.M. *"Cyber Capabilities of Islamic Terrorist Groups"*
(continued)
- 12:15 P.M. – 1:15 P.M. *Lunch (guest speaker – Deputy Commissioner*
Earl Sweeney; New Hampshire Department of
Safety)
- 1:15 P.M. – 2:45 P.M. *" The General Dynamics of Gangs and Their Links To*
Terrorism"
Mark Anthony Spain – (Security Director –
Phoenix Global Intelligence Systems)
- 2:45 P.M. – 3:00 P.M. *Break*
- 3:00 P.M. – 4:15 P.M. *" The General Dynamics of Gangs and Their Links To*
Terrorism" (continued)
- 4:15 P.M. – 4:30 P.M. *Closing remarks.*

TLO - Registration Form

Please complete all information accurately. The information will be used to compile an updated directory and for certificates. It is important that you print or type your responses legibly.

Name: _____
(As it would appear on your Certificate)

Rank/Title: _____

Department/Agency: _____

Address: _____

Business Phone # _____

Cellular# _____ (optional)

Pager# _____ (optional)

Fax # _____

E-Mail Address _____

Important: Return No Later Than 12/12/05 by either faxing or e-mailing to
Fax: 860-256-0815 / Email: lee.toffey@po.state.ct.us

TRAINING/EXERCISE INFORMATION



LESSONS LEARNED

**A Forum on Disaster Preparedness
for Persons with Disabilities**



Learn from Katrina and other recent disasters.
Explore CT's emergency management
and disaster preparedness plans.
**Find out what people with disabilities
and their families can do to prepare.**



SAVE THE DATE!

December 6, 2005

10:00 a.m. - 3:00 p.m.

Lunch break from 12:00 - 1:00

Northeast Utilities Auditorium • 107 Selden Street, Berlin Tpke. • Berlin, CT

CONTACT:

Jessica Jagger for information and registration at 860-679-1584 or [jjagger @uchc.edu](mailto:jjagger@uchc.edu)

SPONSORED BY:



CT Council on Developmental Disabilities



Office of Protection and Advocacy



University of Connecticut

A.J. Pappanikou Center for Excellence in
Developmental Disabilities Education,
Research and Service

UConn Center on Disabilities

Upcoming Training Schedule

November 9	NIMS training for DPH
November 14	Winter Storm Exercise at SEOC (State level commissioners)
November 15 and 16	WMD Awareness Level, Train the Trainer at CFA
November 15, 17, 22, 29 and December 1, 5, 6, 8 -	Community Emergency Response Training (CERT) at Rocky Hill State Veterans Home (evenings)
December 5	NIMS training for DPH
December 9 and 20	IS 100 and IS 200 ICS for DEMHS staff at SEOC (required for NIMS compliance)
December 19 and 21	IS 700 NIMS Intro for DEMHS Staff at SEOC (required for NIMS compliance)

For full course descriptions, prerequisites and times and locations visit our website www.ct.gov/demhs and click on *Check the Calendar*. For more information or to register contact our State Training Officer, **Paul Benyeda** at 860-256-0849 or email Paul at paul.benyeda@po.state.ct.us.