



## Vol. 3 Issue 8

Inside This Issue

August 2007

*Extreme Heat*

*Heat Related Illness*

*Town Notes*

## Commissioner Notes

By James M. Thomas

The end of July and the first couple of days of August are bringing on another “heat wave” with extreme temperatures in the 90 degree range. This can be a potential health problem for many people and their pets, and it is very important that we take reasonable steps to assure that we do not experience heat related illness. Please read the material that is in the newsletter as it is very clear that in most cases, our actions can prevent a very serious situation from occurring. It is very important that everyone recognize that the temperatures in a closed motor vehicle do accelerate very quickly. Do not leave children, pets or anyone in a vehicle with the windows closed for any extended period of time.

In this issue you will also see information about CERT TEAM’S and in particular the Town of East Hartford Senior CERT. Many communities in our state have really gotten engaged in this program and under the direction of Sharon Mazzochi, and West Hartford Fire Chief Bill Austin this program is really one of the most active groups both in training and activations in the respective communities. Together we can make a difference!!

Also, the Town of Vernon hosted a very successful “Family Preparedness Day” at Henry Park. We hope that many other communities will do so in the future. Great job by the local Emergency Management Director Mike Purcaro. Enjoy the article and the photos on this great day.

The Town of Westport has been recognized by the National Weather Service (NWS) as being the third community in the State of Connecticut as being “Storm Ready”. We want to acknowledge the outstanding work that the entire emergency management team in Westport has done to deserve this distinction.

Please review the on-going training available this month, and remember that next month, September is National Preparedness Month, so hopefully we can all focus on making our communities and state even better prepared than we are today.

Enjoy the August DEMHS ADVISOR!

### WHAT’S NEW:

August is National  
Water Quality Month  
[www.epa.gov/OW/index.html](http://www.epa.gov/OW/index.html)

### UPCOMING TRAINING and EXERCISES

◆ Free Soft Target  
Awareness Courses— one  
each for Stadiums;  
Churches; Schools; Malls;  
and Hotels or Hospitals  
(open to all Public &  
Private entities)

Cyber Security/  
Cyber Terrorism

## What Is Extreme Heat?

Temperatures that hover 10 degrees or more above the average high temperature for the region and last for several weeks are defined as extreme heat. Humid or muggy conditions, which add to the discomfort of high temperatures, occur when a "dome" of high atmospheric pressure traps hazy, damp air near the ground. Excessively dry and hot conditions can provoke dust storms and low visibility. Droughts occur when a long period passes without substantial rainfall. A heat wave combined with a drought is a very dangerous situation.

Heat-related deaths and illness are preventable yet annually many people succumb to extreme heat. Historically, from 1979-2003, excessive heat exposure caused 8,015 deaths in the United States. During this period, more people in this country died from extreme heat than from hurricanes, lightning, tornadoes, floods, and earthquakes combined. In 2001, 300 deaths were caused by excessive heat exposure.

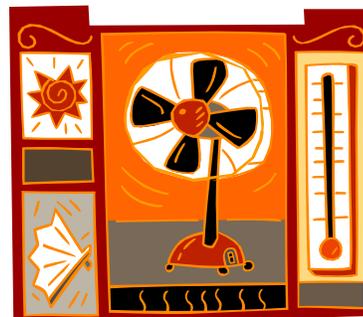
People suffer heat-related illness when their bodies are unable to compensate and properly cool themselves. The body normally cools itself by sweating. But under some conditions, sweating just isn't enough. In such cases, a person's body temperature rises rapidly. Very high body temperatures may damage the brain or other vital organs.

Several factors affect the body's ability to cool itself during extremely hot weather. When the humidity is high, sweat will not evaporate as quickly, preventing the body from releasing heat quickly. Other conditions related to risk include age, obesity, fever, dehydration, heart disease, mental illness, poor circulation, sunburn, and prescription drug and alcohol use.

Because heat-related deaths are preventable, people need to be aware of who is at greatest risk and what actions can be taken to prevent a heat-related illness or death. The elderly, the very young, and people with mental illness and chronic diseases are at highest risk. However, even young and healthy individuals can succumb to heat if they participate in strenuous physical activities during hot weather. Air-conditioning is the number one protective factor against heat-related illness and death. If a home is not air-conditioned, people can reduce their risk for heat-related illness by spending time in public facilities that are air-conditioned.

## Heat Facts

- Heat causes about 400 deaths per year in the U.S. - more than all other natural disasters combined
- During the Chicago heat wave of 1995, over 650 people died in under 2 weeks
- ALL HEAT-RELATED DEATHS ARE PREVENTABLE
- The people most at-risk from heat include:
  - The elderly
  - The poor
  - People in inner cities
  - People with chronic illness
  - Homebound people
  - Children under 5 years of age



**Elderly people (that is, people aged 65 years and older) are more prone to heat stress than younger people for several reasons:**

- Elderly people do not adjust as well as young people to sudden changes in temperature.
- They are more likely to have a chronic medical condition that upsets normal body responses to heat.

**They are more likely to take prescription medicines that impair the body's ability to regulate its temperature or that inhibit perspiration.**

### **Do Not Leave Children in Cars**

Even in cool temperatures, cars can heat up to dangerous temperatures very quickly. Even with the windows cracked open, interior temperatures can rise almost 20 degrees Fahrenheit within the first 10 minutes. Anyone left inside is at risk for serious heat-related illnesses or even death. Children who are left unattended in parked cars are at greatest risk for heat stroke, and possibly death. When traveling with children, remember to do the following:

- Never leave infants, children or pets in a parked car, even if the windows are cracked open.
- To remind yourself that a child is in the car, keep a stuffed animal in the car seat. When the child is buckled in, place the stuffed animal in the front with the driver.

**When leaving your car, check to be sure everyone is out of the car. Do not overlook any children who have fallen asleep in the car.**

### **Heat Stroke**

Heat stroke occurs when the body is unable to regulate its temperature. The body's temperature rises rapidly, the sweating mechanism fails, and the body is unable to cool down. Body temperature may rise to 106°F or higher within 10 to 15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not provided.

### **Heat Exhaustion**

Heat exhaustion is a milder form of heat-related illness that can develop after several days of exposure to high temperatures and inadequate or unbalanced replacement of fluids. It is the body's response to an excessive loss of the water and salt contained in sweat. Those most prone to heat exhaustion are elderly people, people with high blood pressure, and people working or exercising in a hot environment.

Heat is the major public health problem related to blackouts for two reasons:

- Extreme heat causes most summertime blackouts
- ♦ In a blackout, the main public health intervention for heat-related illness (air conditioning) is unavailable - this represents "a disaster within a disaster"

**RECOMMENDATIONS (in the absence of air conditioning):**

- CHECK FREQUENTLY ON THOSE AT HIGH RISK
- Drink plenty of non-alcoholic liquids
- Reduce strenuous activities
- Take cool showers/baths frequently
- Wear lightweight, light-colored clothing

**Most importantly, cities should have in place a comprehensive Heat Emergency Response Plan****HEAT EMERGENCY RESPONSE PLAN**

- SHOULD BE IN PLACE FOR ALL AT-RISK CITIES
- Must have certain critical elements:
  - Close coordination with National Weather Service
  - Effective early warning
  - Consistent, understandable messages directed towards high-risk groups
  - Regular personal contact with at-risk individuals
  - Availability of, and transportation to, emergency shelters
  - Collaboration among municipal agencies, hospitals, industry, NGO's, and others
  - Check with your local authorities on procedures to follow in a heat emergency

Personal preparation for blackouts is similar to preparation for natural disasters. We recommend that people develop an emergency plan that includes a disaster supply kit. This kit should include enough water, food, and emergency supplies for at least 3 days. Details on emergency plans and supply kits can be found at [www.ready.gov](http://www.ready.gov).

## Print a Home Emergency Plan

The Department of Emergency Management and Homeland Security has put on it's website a Home Emergency Plan which can be printed and placed in a three ring binder for use in your home, office or school. Included in the more than sixty pages are checklists for Emergency Supply and First Aid Kits, a sheet for recording personal information, and tips for Seniors and People with Disabilities.

Also included are protective measures, response measures, and information on many Natural and Man-made Disasters. Please copy and paste the link below to your address line or go to [www.ct.gov/demhs](http://www.ct.gov/demhs) for more information.

[http://www.ct.gov/demhs/lib/demhs/emergprep/family\\_emergency\\_plan.pdf](http://www.ct.gov/demhs/lib/demhs/emergprep/family_emergency_plan.pdf)



## Top 10 Tips to Save Energy \$\$

You can save energy dollars by following these simple tips. Many of them are no-cost, low-cost suggestions you can do at home.

- 1** Lower your home's thermostat in winter to 68 degrees and raise it in summer to 78 degrees. Or install a programmable thermostat that you can program to match your own personal schedule. You'll save 10%-15% on your heating and cooling costs.
- 2** Water heating is one of the largest energy expenses in your home, typically accounting for about 15% of your utility bill. Cutting just two minutes per shower could save you more than \$200 per year.
- 3** Look for the ENERGY STAR® label when you buy lighting, appliances, electronics, and heating and cooling equipment. The energy bill savings will more than pay for the extra cost of the products over their lifetime.
- 4** Replace your incandescent light bulbs with compact fluorescents (CFLs) that last 10 times longer. Changing just one 100-watt bulb to a CFL can save you more than \$90 per light on electric bills over the bulb's lifetime.
- 5** Use a power strip to conveniently turn off computers and electronic chargers, which all use standby power when not in use, and save nearly \$10 a year.
- 6** Check that your refrigerator door is air-tight by closing a dollar bill halfway in the door. If you can pull out the bill easily, you may need to replace the seal. Your refrigerator accounts for some 25% of your electric bill.
- 7** Adjust the water level on your washing machine to match the load size. Switching from a warm rinse to a cold rinse on a standard, top-loading washing machine for just two loads a week can save you more than \$30 per year.
- 8** Use the moisture sensor setting on your clothes dryer. It will shut off the dryer automatically when the clothes are dry and can cut energy use by some 15%.
- 9** Run your dishwasher only when it is fully loaded, and air dry dishes. You'll knock about 35% off the energy use.
- 10** Check for drafts around windows and doors. Caulk, weather-strip and install foam gaskets behind outlet covers. You can save up to 10% of heating or cooling costs by insulating and sealing ducts.



**Connecticut  
Light & Power**

The Northeast Utilities System

Energy for a Changing World™

© 2005 Northeast Utilities Service Company  
Paid for by CL&P customers. CD1105500



### heat-related illness

Warm weather means activities and fun under the sun! Whether you love putting on shorts and feeling the warm outdoors, or find it hot and sticky, everyone must be careful not to let a heat-related illness spoil the day.

Normally, the body has ways of keeping itself cool, by letting heat escape through the skin, and by evaporating sweat (perspiration). If the body does not cool properly or does not cool enough, the victim may suffer a heat-related illness. Anyone can be susceptible although the very young and very old are at greater risk. Heat-related illnesses can become serious or even deadly if unattended.

#### Preventing Heat-Related Illness

- **Dress for the heat.** Wear lightweight, light-colored clothing. Light colors will reflect away some of the sun's energy. It is also a good idea to wear hats or to use an umbrella.
- **Drink water.** Carry water or juice with you and drink continuously even if you do not feel thirsty. Avoid alcohol and caffeine, which dehydrate the body.
- **Eat small meals and eat more often.** Avoid foods that are high in protein which increase metabolic heat.
- **Avoid using salt tablets unless directed to do so by a physician.**
- **Slow down.** Avoid strenuous activity. If you must do strenuous activity, do it during the coolest part of the day, which is usually in the morning between 4:00 a.m. and 7:00 a.m.
- **Stay indoors when possible.**
- ◆ **Take regular breaks** when engaged in physical activity on warm days. Take time out to find a cool place. If you recognize that you, or someone else, is showing the signals of a heat-related illness, stop activity and find a cool place. Remember, have fun, but stay cool!

#### Know What These Heat-Related Terms Mean

- ◆ **Heat Wave:** More than 48 hours of high heat (90°F or higher) and high humidity (80 percent relative humidity or higher) are expected.
- ◆ **Heat Index:** A number in degrees Fahrenheit that tells how hot it really feels with the heat and humidity. Exposure to full sunshine can increase the heat index by 15° F.
- ◆ **Heat cramps:** Heat cramps are muscular pains and spasms due to heavy exertion. They usually involve the abdominal muscles or the legs. It is generally thought that the loss of water and salt from heavy sweating causes the cramps.
- ◆ **Heat Exhaustion:** Heat exhaustion is less dangerous than heat stroke. It typically occurs when people exercise heavily or work in a warm, humid place where body fluids are lost through heavy sweating. Fluid loss causes blood flow to decrease in the vital organs, resulting in a form of shock. With heat exhaustion, sweat does not evaporate as it should, possibly because of high humidity or too many layers of clothing. As a result, the body is not cooled properly. Signals include cool, moist, pale, flushed or red skin; heavy sweating; headache; nausea or vomiting; dizziness; and exhaustion. Body temperature will be near normal.
- ◆ **Heat Stroke:** Also known as sunstroke, heat stroke is life-threatening. The victim's temperature control system, which produces sweating to cool the body, stops working. The body temperature can rise so high that brain damage and death may result if the body is not cooled quickly. Signals include hot, red and dry skin; changes in consciousness; rapid, weak pulse; and rapid, shallow breathing. Body temperature can be very high--sometimes as high as 105°F.

### Stages of Heat-Related Illness

Heat-related illness usually comes in stages. The signal of the first stage is heat cramps in muscles. These cramps can be very painful. If you are caring for a person who has heat cramps, have him or her stop activity and rest. If the person is fully awake and alert, have him or her drink small amounts of cool water or a commercial sports drink. Gently stretch the cramped muscle and hold the stretch for about 20 seconds, then gently massage the muscle. Repeat these steps if necessary. If the victim has no other signals of heat-related illness, the person may resume activity after the cramps stop. The signals of the next, more serious stage of a heat-related illness (often called **heat exhaustion**) include--

- Cool, moist, pale skin (the skin may be red right after physical activity).
- Headache.
- Dizziness and weakness or exhaustion.
- Nausea.
- The skin may or may not feel hot.

The signals of the late stage of a heat-related illness (often called **heat stroke**) include--

- Vomiting.
- Decreased alertness level or complete loss of consciousness.
- High body temperature (sometimes as high as 105°F).
- Skin may still be moist or the victim may stop sweating and the skin may be red, hot and dry.
- Rapid, weak pulse.
- Rapid, shallow breathing.

This late stage of a heat-related illness is life threatening. Call 9-1-1 or the local emergency number.

### General Care for Heat Emergencies

1. **Cool the Body**
2. **Give Fluids**
3. **Minimize Shock**

**For heat cramps or heat exhaustion:** Get the person to a cooler place and have him or her rest in a comfortable position. If the person is fully awake and alert, give a half glass of cool water every 15 minutes. Do not let him or her drink too quickly. Do not give liquids with alcohol or caffeine in them, as they can make conditions worse. Remove or loosen tight clothing and apply cool, wet cloths such as towels or wet sheets. Call 9-1-1 or the local emergency number if the person refuses water, vomits or loses consciousness.



**For heat stroke:** Heat stroke is a life-threatening situation! Help is needed fast. Call 9-1-1 or your local EMS number. Move the person to a cooler place. Quickly cool the body. Wrap wet sheets around the body and fan it. If you have ice packs or cold packs, wrap them in a cloth and place them on each of the victim's wrists and ankles, in the armpits and on the neck to cool the large blood vessels. (Do not use rubbing alcohol because it closes the skin's pores and prevents heat loss.) Watch for signals of breathing problems and make sure the airway is clear. Keep the person lying down.

## Some Energy Efficiency Facts

Use these energy conservation facts to help make your home more energy efficient to save money on your utilities.

- Around 50 percent of heat loss in the average home is through loft space and walls. Proper insulation can be an investment initially, but could end up saving you hundreds of dollars over the life span of your home.
- In the winter, opening drapes and curtains on sunny days takes advantage of the sun's heating power. Then, close all drapes, blinds or shades at night in the winter to make use of their insulating properties.
- Any joints between building materials is a likely place to find heated air leaking out of the house. If two dissimilar materials meet, the chances of air leakage are even greater. When tightening up your house for the fall, scrutinize these areas with particular care.
- Heat loss through windows represents a significant amount of most heating bills. Some sources estimate that heat loss through windows alone could account to 35 percent of heating bills. In home designs that feature multiple or large windows, it is important to caulk cracks, install clear plastic film to the window trim inside the house or decorate windows for efficiency. Decorating solutions include closed shutters, shades, blinds or lined draperies. For long-range solutions, installing storm windows and doors will eliminate problem drafts.
- Ideally, your central air-conditioning compressor should be located on a shady side of your house because it has to work a little harder in full sun. Studies show that shading a compressor can shave 1 percent to 2 percent off cooling costs. However, air flow is much more important because it's the air moving over the compressor's coils that causes them to give up their heat, and that's what makes the system work. It's important to keep fences, shrubs, and anything else that might block airflow at least 24 inches away.
- Ceiling fans can save energy in both the summer and the winter. In the summer, fan blades should revolve in a counterclockwise direction. In winter months, set your fan at its slowest speed and reverse it in order to push warm air down.
- Fill empty spaces in your refrigerator and freezer with water jugs. You'll save energy and money because it takes more energy to run an empty refrigerator and freezer than a full one.
- To maximize efficiency, wash only full loads of clothes when possible and always clean the dryer's lint filter after every load.



## East Hartford Housing Authority Senior CERT

The East Hartford Housing Authority (EHHA) Senior CERT has been recently reactivated after a 5-month hiatus. This group consists of volunteer residents from eight senior housing complexes, representing over 800 residents. Their primary purpose is to bring back to their respective complex the benefits of the training and education they have been receiving the past four years in emergency preparedness, both natural and man-made. Additionally, these CERT members act as an initial contact point for first responders who need up-to-date situational information on both the residents and the building.

Examples of their training are as follows:

- ◆ Tabletop exercise in Hurricane preparedness with a trip into the State Armory to view how the State responded to an announced hurricane in their Operations Center.
- ◆ As East Hartford is a Host Town Community for Waterford and Montville should an event occur at the Dominion Nuclear Plant, our group worked with Dominion in a mock exercise, setting up registration, sheltering, processing lines etc.
- ◆ Several First Aid courses were given by the Red Cross and refreshed from time to time.
- ◆ East Hartford Fire Dept. came with their fire pan and instructions and hands-on fire extinguishing were given to the Senior CERT.
- ◆ To impress on the members of the group how important observation and reaction is in a threatening situation, with the cooperation of the Police Dept. two plain-clothed policemen staged an invasion of our building, “snatched” a purse (this was prearranged with the owner of the purse) and took off in a waiting car. When they came back several minutes later, they were amazed at the quick and correct observation our group displayed. At the same time, the mailbox set outside a small trashcan, and a duffel bag inside on the windowsill and members were cautioned as to how to treat a suspicious article.
- ◆ Sheltering-in-place is an important part of the training as most complexes have a community room where residents would meet in an emergency: many have generators so there would be electricity available; some do not.
- ◆ Some of our Senior members have been called upon to participate in Townwide events, such as assistance at Flu Clinics, and a Pandemic exercise held last summer because of their training.

Recently, we were fortunate enough to receive 1,000 commercial “snaplights” (also known as glowsticks) through a grant to the EHHA Senior CERT from Cyalume. This enabled us to kick-off our “Light Up” program, with our Senior CERT members to distribute in their complex.

As a matter of interest, five days after this program occurred one of the represented complexes lost power due to a construction error and we were called upon to deliver a quantity of the snaplights in the event they did not regain electricity by the evening.

Two very important responsibilities our seniors have is compiling a list of special needs residents and keeping it updated, and turning in an Incident Report when they have responded to emergencies in their complex. Their knowledge and assistance has made quite a difference in the safety of their neighbors.

# TOWN NOTES: VERNON, CT



## Family Preparedness Day Draws Thousands to Henry Park

By JESSICA CIPARELLI, Staff Writer

VERNON — The U.S. Department of Homeland Security, the Federal Emergency Management Agency's (FEMA) Mitigation and Community Relations units, the North Central Health District, the Connecticut National Guard, the State Health Department Medical Command, the U.S. Small Business Administration (SBA), the State Homeland Security department (DEMHS), the Vernon Fire Department and Vernon's Office of Emergency Management all converged in Vernon's Henry Park, but it wasn't for an emergency situation. Instead, they were at Henry Park to help avoid emergencies.

"The purpose was to raise awareness of emergency preparedness for families and to provide families with resources that they can use to better prepare and respond to all types of emergencies – man-made and natural," said Michael Purcaro, Vernon's Emergency Management Director. Purcaro, along with Captain Bill Graugard of the Vernon Fire Department, Fire Marshal Dave Roth, and Ken Kalos, VFD Public Information Officer, coordinated the event, entitled "Family Emergency Preparedness Day." The day was also structured to promote volunteerism within the emergency services in town and for families to realize the importance, but simplicity, of having communication plans in the case of an emergency.



Firefighter Rob Babcock shows an air pack.  
Photo by Ken Kalos, VFD



(l-r) Michael Purcaro, Vernon's OEM Director,  
Tom Gavaghan, DEMHS Area 3 Coordinator,  
and Bill Hackett, DEMHS OEM Director.  
Photo by Ken Kalos, VFD

Over the course of the day, several thousand people entered Henry Park for the event, including children and families heading to Horowitz Pool and children from day camp programs. Another draw to the event was a live broadcast by Hot 93.7, a radio station out of Farmington. The live-broadcast was part of the station's regular "Community Wednesdays" program.

"We had the mayor stop by—she's very funny and we love her," said deejay Jenny Boom-Boom, referring to Mayor Ellen Marmer. "This event was very educational and it gave the kids something to do with us."

"It was our first time here, doing Community Wednesday, [but] I'm pretty sure it won't be the last – we had such a great turnout," deejay Big Regg said. In addition, national recording artist "Hurricane Chris" stopped by to sign autographs and ambassadors from the Boston Red Sox distributed team promotional items.

Carmen G. Rodriguez, Public Information Officer for FEMA, the agency which was deployed to Connecticut following the April flooding which qualified six of the state's eight counties for federal assistance, said FEMA attended the event to help the people of Vernon learn how to prepare for emergencies. Rodriguez said families should have three days of supplies available following an emergency situation. That supply kit should include enough water, food and first-aid supplies for everyone in the family. She also noted that FEMA had information available on creating car emergency kits and how to properly evacuate a site.



Vernon Fire Marshal David Roth educates children on fire safety and prevention in the home. Photo by Ken Kalos, VFD



Vernon OEM Director Purcaro and representatives from SBA and FEMA provide Hot 93.7FM listeners with important emergency preparedness information. Photo by Ken Kalos, VFD

To make the learning experience fun for children, FEMA distributed coloring books to them that helped illustrate how to prepare for an emergency and what they can do to help their parents in the case of an emergency. "The important thing is for families to be ready," she said. "It's about protecting your own family – it's a family responsibility and we're here to help."

Former Vernon resident Hiram Cardona brought his children Savannah, 8, and Adonis, 4, to the event. "We try to keep them aware of

safety," he said. "Even if they don't know, we try to keep them aware – safety first," he said. A close eye is kept on the children, he said, and the children know that if there is an emergency and he or their mother are not around, they should call the police or a trusted adult. He said instilling a small amount of fear in his children also works. "Sometimes it's good to scare them a little bit," he said. "It never hurts to put the fear in them – it worked for me as a kid."



Representatives from FEMA provide children with emergency preparedness educational resources. Photo by Ken Kalos, VFD

**REMINDER**  
Newspapers ♦ Yellow Pages



Left to Right Gordon Joseloff, First Selectman; William Hackett, DEMHS Director; Fire Chief Chris Ackley, EMD; Asst. Fire Chief Jon Gottfried, Deputy EMD; Wayne Sandford, DEMHS Deputy Commissioner. (Photo Courtesy of WestportNow.com)

## Westport Recognized as a “StormReady” Community by National Weather Service

The Town of Westport, as a result of outstanding and proactive approaches to severe weather preparedness, has been designated by the National Weather Service (NWS) as a StormReady community. Westport represents the third municipality in Connecticut, joining Glastonbury and Norwich, to receive this certification through the NWS and the town joins over 1,200 jurisdictions nationwide that have also been recognized. The award was presented by Gary Conte, National Weather Service Office Upton, NY and Deputy Commissioner Wayne Sandford to town officials during a Representative Town Meeting in Westport on June 5, 2007.

The StormReady program is a voluntary program strongly supported by DEMHS that was established in 1999 and first implemented in Tulsa, OK. It has been used as a means for improving community awareness and response to hazardous weather emergencies throughout the country. In order for a community to be recognized as StormReady certified, there must be demonstration of an exceptional level of communications and safety skills that would contribute to life safety and property conservation both before and during a significant weather emergency. These qualifications are reviewed by StormReady verification team members during a site visit and must meet other guidelines that have been prepared by the NWS. In Connecticut, DEMHS staff participates in the evaluation process along with the NWS.

The general guidelines that have been set by the National Weather Service for this program require individual communities to:

- Establish a 24-hour warning point and emergency operations center;
- Have multiple means to receive severe weather forecasts and warnings and to alert the public;
- Create a system that monitors local weather conditions;
- Promote the importance of public readiness through community outreach.
- Develop a formal hazardous weather plan, which includes training severe weather spotters and holding emergency exercises.

As part of the StormReady program, Westport will be provided with placards to be placed throughout the town to designate the community's new StormReady status. The town and its citizens may also be eligible for additional Community Rating System points which may qualify for lower rates through the National Flood Insurance Program (NFIP).

Commissioner Thomas and the entire DEMHS staff extend their thanks to the Town of Westport for participating in StormReady and congratulate its First Responder and Emergency Management personnel on this significant achievement. – Edited by Dan Volovski, Region 1 Intern.

## "SENTINEL CYBERTERRORISM" Training Seminars Course Announcement

The Police Officer Standards and Training Council in conjunction with the Connecticut Department of Emergency Management and Homeland Security is pleased to offer for the first time two training seminars on the important concepts of securing public safety networks. Both programs will be held at the Connecticut Police Academy on **Monday, August 6, 2007, to Friday, August 10, 2007.** Daily class times for the first four days will be 8:30 a.m. to 4:30 p.m., while on Friday the classes will meet from 8:30 a.m. to 3:00 p.m.

The courses will be presented by instructors from the Sentinel Cyberterrorism Defense Analysis Center of the Criminal Justice Institute of the University of Arkansas. The Sentinel Project is funded by the U.S. Department of Homeland Security, Grants and Training Section. The goal of the Security and Network Training Initiative and National Education Laboratory (Sentinel) is to provide free cybersecurity training to public safety personnel nationwide in order to prevent, combat, and respond to potential cyberterrorist attacks against our critical infrastructures.

The goal of the first class, "Cybersecurity: Prevention, Deterrence, and Recovery", is to educate and train public safety professionals on important concepts in securing and protecting public safety networks. The program will include information concerning: (1) network security, (2) information protection, (3) critical infrastructure protection, and (4) incident prevention. The delivery method for this course will involve lecture, personal interaction between the instructors and students, as well as hands-on labs utilizing the thirty workstations of the Sentinel mobile lab. This class is designed primarily for public safety employees who assist or maintain computer and network operations for their organization. Subjects include detection (e.g. anti-virus programs), interdiction (e.g. passwords, system patches, firewalls), critical infrastructure protection (e.g. email attachments, program downloads and installation, backup policies, file and folder security), and information sharing (e.g. secure transfer of XML data). The prerequisite for this class is a working knowledge of basic computer and network concepts and functions.

The second course, "Cybersecurity: Incident Handling and Response", is for students who have more experience working with secure networks. The goal of this seminar is to educate and train public safety professionals concerning proper actions and procedures aimed specifically at technological issues. The training will include information concerning: (1) response preparation for the inevitable incident, (2) handling of an incident, and (3) follow-up of an incident to preparation for the next incident. This class is designed primarily for technical investigators and first responders. Students will be taught techniques to trace intrusions back to their source, methods for dealing with malicious computer viruses and Trojans, and what governmental agencies can provide as assistance and resources. As part of a class exercise, real world examples and problems will be stored on servers for the participants to investigate in order to acquire real-world, hands-on training. Some of the subjects for this class will include log collection and analysis, network forensics, IP tracing, digital interception, technology laws, network security, and digital interception.

Sworn personnel who successfully complete either of the courses will receive a total of twenty-three (23) hours of Review Training Credit: eight (8) hours in Curriculum Area III: Practical Skills and fifteen (15) hours in Curriculum Area V: Criminal Investigations.

The Academy Dress Code, General Notice #90-03, will be in effect for these classes. Please advise your personnel accordingly.

There is no tuition for the seminars. Coffee break refreshments may be purchased in the Academy's cafeteria.

Enrollment in either course is limited to thirty (30) personnel. Registration is being conducted on a nationwide basis. To register please download the registration form that may be found at [www.sentinelproject.net](http://www.sentinelproject.net). Please fax the completed application to 501-570-0100. Connecticut departments wishing to enroll applicants are encouraged to submit a registration form as soon as possible. The courses are listed as "Hartford, Connecticut" in the Sentinel website. Confirmations will be issued directly from the Sentinel Project and not from the Academy. If you have questions concerning these training programs, please contact Ms. Adrienne Nimmer at 501-570-8034 or Steve Walsh at 203-427-2624.

## Upcoming Training & Exercise

- Aug 6 Cyber Security/Cyber Terrorism—POSTC
- Aug 7 Soft Target Awareness for Stadiums, Arenas, and Large Sport Complexes—New Haven  
Cyber Security/Cyber Terrorism—POSTC
- Aug 8 Soft Target Awareness for Places of Worship—New Haven  
Soft Target Awareness for Public & Private Schools & Institutions—New Haven  
Cyber Security/Cyber Terrorism—POSTC
- Aug 9 Soft Target Awareness for Malls& Shopping Centers—New Haven  
Cyber Security/Cyber Terrorism—POSTC
- Aug 10 Soft Target Awareness for Hotels, Large Bldgs, Hosp & Medical Facilities—New Haven  
Cyber Security/Cyber Terrorism—POSTC

For training and exercise questions please contact Dave Brown at 860-706-5519, Bob Christ at 860-706-5516, Bob Scata at 860-706-5518, or Sharon Mazzochi at 860-706-5517.

For POSTC classes, please go to their website at: <http://www.ct.gov/post>

For Fire Academy classes, please go to : <http://www.ct.gov/cfpc>

For CREPC call Dan Scace at 860-522-2217

Training is critical for first responders and is readily available through the State Fire Academy, Regional Fire Schools, and the Police Officers Training Academy. First responders include Police, Fire, Public Works, and 911 dispatchers to name but a few.

All of the following organizations have the ability to deliver **NIMS training** to your police officers, fire-fighters, public works employees, 911 dispatchers, health workers, education staff and emergency management personnel. Training can be delivered weekdays, weekends or evenings to meet your needs. The NIMS program can be delivered in four, eight or twelve hour modules depending on the duties assigned to personnel.

You should also know that these programs are available on line at FEMA's web site:  
[http://www.fema.gov/tab\\_education.shtm](http://www.fema.gov/tab_education.shtm)

### Training Facility Contact Information:

Police Officers Training Council	203-238-6505
Connecticut Fire Academy	860-627-6363
Eastern CT Fireman's Training School	860-487-1105
New Haven Regional Fire Academy	203-946-6215
Wolcott Fire School	203-879-1559
Hartford County Fire School	860-828-3242
Burrville Fire Training School	860-482-7496
Valley Fire Training School	203-736-6222
Middlesex County Fire School	860-663-1308
Fairfield Fireman's Training School	203-254-4709
Stamford Regional Training Fire School	203-977-4673

All State Agencies should contact the Training Unit at DEMHS.