



**Vol. 4
Issue 9**

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September 2008

*Emergency Water
Supply*

*Prepare Your
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*On Watch—CT
Volunteers—CPTV
Sept. 11 at 8pm*

Commissioner Notes

By James M. Thomas

Are you ready? I mean really ready in case of an emergency or disaster. As most of us know the month of September is Preparedness Month, and we in the field of emergency management and homeland security take seriously the responsibilities of trying to prepare ourselves, our agencies and the communities that we serve, to be prepared for any type of emergency or disaster that might come our way.

This hurricane season, as predicted, has been very, very active in the Atlantic Ocean with most of the activity going towards the Gulf of Mexico. We know the effects of Storm Fay and the impact that this storm had on both Florida and Texas. As we speak, Storm Gustav is gaining strength and has the possibility of being a serious hurricane. We have been very lucky to date and we hope that no one, including our neighbors to the south of us, suffers as a result of the natural disasters that do occur every year.

Please review the material on preparedness in this issue, and try to reinforce the message, particularly in your own home and community. We need everyone to step up and make their Kit, make a plan and stay informed.

Again we will be having ceremonies on September 11th, and this is a constant reminder that we have to be aware, that we must be prepared for not only the natural disasters, but also be aware of terrorism within our country. We continue to support the men and women who every day do their part, 24 hours a day, 7 days a week, to make Connecticut and our country a better and safer place to live and work. Please take the time to thank everyone connected to public safety in your community, especially this month.

A quick kudos to Sharon Mazzochi and Bill Austin for their efforts on the Citizen Corps Program in Connecticut! They recently presented information at the National Conference in Oklahoma on what is happening in the State, and as a result Sharon has been asked to go to the White House to share the best practices that happen right here in Connecticut. We at DEMHS salute not only Sharon and Bill but the entire Connecticut Citizen Corps Program and its outstanding membership. What a difference you make! See the story on the CERT Teams that worked together to rescue a biker on Case Mountain in Manchester.

Please watch CPTV on September 11th from 8-10 PM for the program “On Watch: Connecticut’s Emergency Services Volunteers, A Local Lens Special” as several of the public safety operations that we work with daily are highlighted, and as we continue to look for additional men and women to join the ranks of the various dedicated people who want to help others.

WHAT’S NEW:

**September is
National
Preparedness Month**

**UPCOMING TRAINING and
EXERCISES**

**Governor’s School &
College Security
Conference**

**Domestic Terrorism and
Hate Crimes**

**Region 1 Full Scale
Exercise**



National Preparedness Month 2008

SPONSORED by the
U.S. DEPARTMENT OF HOMELAND SECURITY'S (DHS) *READY* CAMPAIGN

Join the *Ready* Campaign and our DHS partner Citizen Corps this September for the fifth annual National Preparedness Month (NPM). Register now to be a part of the 2008 NPM Coalition — visit <http://ready.adcouncil.org>.

This year the focus of NPM is to encourage citizens to take important preparedness steps:

- [Get a Kit](#)
- [Make a Plan](#)
- [Be Informed](#)
- [Get Involved](#)

In 2007, NPM had a record number of more than 1,800 NPM Coalition Members who worked to create a culture of emergency preparedness in the United States. We invite you to read the [National Preparedness Month 2007 Journal](#) to learn about some of the events and activities that took place across the country last year. In addition, President George W. Bush issued a [proclamation](#) declaring September as National Preparedness Month. We hope your organization will join us in spreading the emergency preparedness message this year - and every year! If you have any questions, please don't hesitate to contact us at Ready@dhs.gov.

Emergency Water Supply Information

According to guidelines from the U.S. Department of Homeland Security, all households should maintain an emergency supply of water -- at least one gallon per person per day for three days -- for drinking, cooking, and personal hygiene. Public drinking water service may be interrupted or its safety may be compromised during an emergency event. Exposure to microorganisms in contaminated water, which can make people sick, can get into one's body whether you're drinking it, cooking with it, or even brushing your teeth.

Consumers should follow certain steps to ensure safe water storage.



1. If consumers choose to store tap water in their own containers, select appropriate containers and disinfect them before use. Never use a container that ever held toxic substances. Rinse them with a diluted chlorine bleach solution (one part bleach to ten parts water) before use.
2. If necessary, treat tap water with a chlorine bleach solution before storing it to prevent buildup of harmful bacteria. You should replace the water every six months. The American Red Cross and the U.S. Federal Emergency Management Agency offer tips for treating water at .
3. Store both bottled water and tap water at a constant room temperature or cooler, if possible. Room temperature is defined by the US Pharmacopeia as being between 59-86 degrees Fahrenheit.
4. Store both bottled water and tap water out of direct sunlight.
5. Keep the water away from solvents and chemicals such as gasoline, paint thinners, household cleaners and dry cleaning chemicals.

According to the U.S. Food and Drug Administration (FDA), which regulates bottled water as a packaged food product, there is no shelf life for properly stored and safety sealed bottled water.

"The International Bottled Water Association recognizes that consumers must have access to safe, clean drinking water during emergency situations. Smart planning and preparing for one's water needs can make a big difference in a person's health and well being and ability to recover from an emergency situation," said IBWA President and CEO Joseph K. Doss. IBWA is a member of the US Department of Homeland Security's National Preparedness Coalition.



Prepare your Vehicle for Evacuation

Evacuation could mean countless hours on the road enroute to safety. Ensuring your vehicle is ready to meet the requirements of stop and go traffic and endless hours of gridlock requires every vehicle owner take the necessary precautionary measures to provide your vehicle the best opportunity to survive the journey safely.



Fuel will be your most precious commodity on your journey to safety. Rest assured; Local, State and Federal agencies WILL NOT have fuel points pre-positioned along evacuation routes for refueling and gas stations along the way will quickly run out of fuel, ration the amounts of fuel you are allowed to purchase or require you to spend countless hours in line for just a few drops of this precious liquid.

Take your vehicle to a reputable repair shop or technician and request a standard 120-point inspection, with any deficiencies noted repaired to ensure your vehicle is 100% ready for the rigors of evacuation. The items listed below are a minimum list of mechanical features and / or extra items you should incorporate into your vehicle readiness checklist.

Mechanical Items

- Serviceable tires "*preferably new*"
- Serviceable spare "*preferably new*"
- All tires properly inflated
- Battery in serviceable condition, "*fill only with distilled water.*"
- Battery terminals clean and corrosion free
- Battery terminal connections tight
- Ensure no exhaust leaks present
- Air conditioning system 100% functional
- Current vehicle registration
- Current vehicle inspection sticker
- Ensure all fluids are filled to appropriate levels
- Ensure all belts are appropriately tight
- Verify vehicle jack is in vehicle and operational
- Ensure tire iron fits lug nuts
- *If lug nuts require specialty key, ensure key is in glove box*
- Place spare set of vehicle keys in magnet box hidden on vehicle frame
- Install locking gas cap on vehicle, "*people will steal gas*"
- Ensure fully charged fire extinguisher is in vehicle
- Ensure complete road hazard kit is in vehicle

Extra-Mile Precautionary Items

- Keep two cans fix-a-flat in vehicle
- Spare upper and lower radiator hoses
- Hose clamps
- Extra thermostat
- Gasket sealer
- Spare serpentine belt
- DC powered air compressor "*type you plug into cigarette lighter*"
- Tire pressure gauge
- All-in-one AC recharge kit "\$29.00 @ local auto parts store"
- Car top carrier "*this will greatly reduce clutter in passenger compartment*"
- 120- pc. Craftsman mechanics tool kit, "*generally \$99.00 @ Sears.*"
- DC powered GPS device or laptop w/ inverter loaded with Microsoft Streets and Trips 2006 w/ GPS locator, "*available @ Best Buy for \$90.00 or less.*"
- Locking pin for Reese hitch, "*if applicable*"
- Padlocks for cabovers, trailers or cartop carriers

Other Necessities

- Copy of current vehicle insurance
- Insurance agent's contact phone numbers
- AAA card "*if applicable*"
- Valid drivers license
- Medicare / Medicaid cards
- Health Insurance cards
- Family photos, "*sealed in plastic tub or dive bag*"
- Important personal or professional documents, "*i.e. birth certificates, passports, SS cards, wills, DNR papers, etc.*"
- One can WD-40
- One roll duct tape
- One roll white 13 Gal. trash bags "*a white trash bag taped to your antenna is a universal symbol for mechanical distress, they are also great to hold all the trash you will accumulate during your trip.*"
- Pepper spray for personal defense
- Toilet paper sealed in 1 Gal. ziplock bag
- Current road atlas
- DC Cell phone charger
- 2 ea. tie down ratchet straps
- Bungie cord assortment
- 2-way radios with spare batteries, "*if more than one vehicle in convoy.*"
- Minimum of 2 OSHA approved 5-Gal. fuel containers



Things NOT to take

- Boats
- Motorcycles on trailers
- Small enclosed lockable trailers are OK as long as they do not inhibit rear view while driving, "*great location to store your excess fuel and camping / shelter gear.*"

Storage of Fuel Cans

ALWAYS use OSHA approved fuel storage cans. NEVER store full fuel cans in the same compartment in which passengers ride. If fuel is stored in trunk, ensure all caps are tightly sealed and enclosed inside a plastic bag to ensure fuel fumes do not invade the passenger compartment. At every stop, check fuel cans for swelling and release pressure as needed and reseal as described above prior to next leg of journey. NEVER handle fuel of any type in any container while near open flames, lit cigarettes, or static electricity.

Re-fueling on the Evacuation Route w/ fuel cans—Convoy Operations

Use your spare fuel as an absolute last resort. Always try to keep each vehicle in the convoy with roughly the same amount of fuel in their tanks. If fuel is not available commercially and re-fueling with your emergency cans on the side of the road becomes necessary, take the following steps to best ensure a safe and accident free experience.

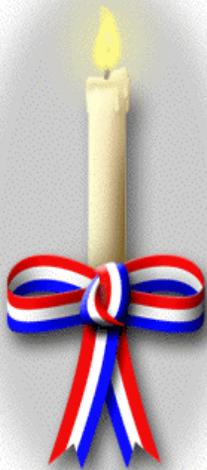
- All parties in convoy communicate via 2-way radio that refueling is necessary
- All convoy vehicles pull over together with no more than 5 feet of space in between each vehicle.
- Pull as far off the road onto the shoulder to provide the maximum distance between your convoy vehicles and moving traffic.
- Extinguish all open flames and cigarettes
- NEVER allow convoy personnel between parked cars and moving traffic.
- All passengers should exit vehicles while refueling and remain a safe distance away from the vehicles, "*stay together in a group*"
- Position one adult armed with pepper spray at the front of the convoy and one adult armed with pepper spray at the rear of the convoy to deter the *criminal element*.
- When security has been posted, one adult removes fuel cans and refuels only those vehicles requiring extra fuel, ensuring each vehicle maintains similar fuel levels.
- The purpose of the pepper spray guards is a deterrent, when you pull those red fuel cans out of your vehicle you will attract the attention of potentially very desperate people. The actual use of pepper spray should always be a LAST RESORT and only after firm verbal commands to "get away" have failed to deter an assailant.
- Fuel cans should be resecured as directed above.
- All parties should enter vehicles from shoulder side of vehicle to avoid possible collision with moving traffic.
- When all convoy vehicles acknowledge via 2-way radio they are ready to depart, convoy may re-enter flow of traffic.
- Ensure during any convoy operation that all convoy vehicles stay together and work vigorously to ensure no stray vehicles enter your convoy group.

Upcoming Training & Exercise

- Sept 6 thru 7 CERT Weekend—CFA, Windsor Locks
- Sept 16-19 Domestic Terrorism and Hate Crimes Training—POSTC
- Sept 18 & 19 Criminal Street Gangs Strategic Operations—POSTC
- Sept 23 Governor’s School & College Security Conference—East Hartford
- Sept 20 & 27 CERT Train the Trainer—Brainard (2-day course)
- Sept 23 & 24 ICS 400—Advanced Command, Complex Incidents—New Haven
- Sept 25 Human Trafficking Issues for Frontline Personnel—POSTC
- Sept 26 & 27 Region 1 Full Scale Exercise
- Oct 7 thru 9 ICS 300 — for Expanding Incidents—New Haven
- Nov 18 thru 20 ICS 300 — for Expanding Incidents—Brainard
- Dec 10 & 11 ICS 400—Advanced Command, Complex Incidents—Brainard

For training & exercise questions contact the Training Unit at 860-256-0840. Fax: 860-706-5539 or email: Training.demhs@ct.gov

You may register for these courses as listed at: www.ct.gov/demhs or through POSTC at www.ct.gov/post.



SEPTEMBER 11, 2001

NEVER FORGET



DEMHS - On the Move

Two of DEMHS' Regional Offices will have new homes in the coming months. This is part of an ongoing effort to enhance the State's ability to handle emergencies that occur in CT.



The Region 3 Office, currently located at the Rocky Hill Veteran's Home, will be moving to space at the Hartford State Armory. The new space has been totally renovated with new furniture, space for six employees and a meeting room. In addition, the Regional Office will receive upgrades in Communications equipment and the Regional Coordinator will have his own office.



The Region 5 Office is moving out of its current space at Troop L in Litchfield to a 14,500 square foot building at Southbury Training School. This new space will offer increased Communications equipment and connectivity, office space for seven DEMHS staff members, a classroom/meeting space, three conference rooms, and other addition space. DEMHS plans include having the building prepared to be a back up State EOC in the event of a loss of the State EOC in Hartford.

As an additional improvement, the Northwest Emergency Medical Service Regional Council will also be relocating to the building. When the moves are complete, first responders in Region 5 will have one-stop shopping for DEMHS and DPH business.

Information on the move, along with new contact numbers, will be sent to the local Emergency management Directors at the time of the moves.

CITIZEN CORPS LEADERSHIP FORUM

The Citizen Corps Leadership Forum was held August 19 - 21, 2008 in Oklahoma City, Oklahoma. Fire Chief William Austin of West Hartford and Sharon Mazzochi of the Connecticut Department of Emergency Management and Homeland Security had the opportunity to meet with other states' representatives and share Connecticut's Best Practices.

Topics at the conference included the National Perspective of the Citizen Corps Program, the Citizen Corps toolkit, and the need for preparedness outreach as well as new community initiatives. Attendees also toured the Oklahoma City National Memorial & Museum which told the story of the events of April 19, 1995.

The Connecticut Citizen Corps Conference will be having their 3rd annual conference September 29, 2008 at Mohegan Sun in Uncasville Connecticut. Registration is required and information can be found at <http://www.crcog.org>.



Mountain Bike To the Rescue at Case Mountain

By Charlie Beristain



Located in Central Connecticut is 12 square miles of open space called Case Mountain. Miles of well maintained trails offer easy hiking, beautiful views of Hartford and expert class mountain biking.

Imagine being several miles into the woods, and getting lost or even worse.....injured. Who do you call? Who could possibly find you, or better yet rescue you?

The Manchester Department of Emergency Management employs teams of volunteers that are always on call to meet these needs. The teams consist of CERT (Community Emergency Response Team), EMCOMM (Emergency Communications HAM Radio Operators), CCSAR (Connecticut Canine Search and Rescue) and MBSAR (Mountain Bike Search and Rescue) and operate as an integrated team on training drills and rescues.

The mountain bike team offers quick response to a call, and rapid trail searches. Riding a bicycle offers the ability to call for a victim, and listen for responses as well as the ability to look and listen for clues. Motorized vehicles have been known to drive right by victims, unable to hear their cries for help.

Recently a fellow mountain biker was seriously injured on Case Mountain, and just such a call for assistance was met by the mountain bike team, HAM radio operators and CERT team. The mountain bike team was able to rapidly deploy teams into the area thought to be where the assistance was needed. Meanwhile the HAM radio operators set up stations to be able to communicate with the mountain bikers, and the CERT team assisted in coordinating the rescue efforts from the base camp.

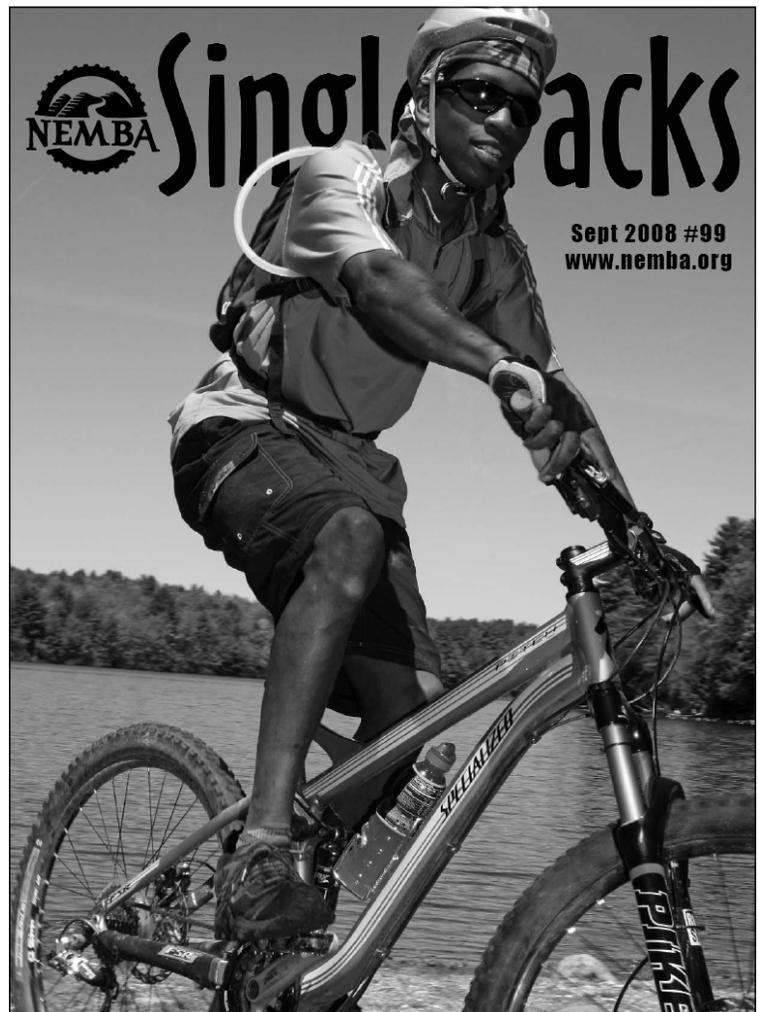
The injured mountain biker was located within 20 minutes and his condition was communicated back to base camp where it was deemed additional resources were necessary due to a possible hip fracture. Due to the remote proximity, and severity of the injury the Glastonbury Fire Department dispatched two Gator all wheel drive vehicles that had additional life saving support equipment. The Gators had difficulty getting through the single track and obstacles, however they made it and the firemen were able to stabilize the injured mountain biker.

As the Gators were being dispatched, the CERT team and additional mountain bike team members were already planning on the best egress out of the woods and to an awaiting ambulance. The single track trail system can be rugged, and the shortest route out was not necessarily the most comfortable for the patient.

I'm happy to report our fellow mountain biker is on the road to recovery and is expected to be riding on the road by this fall.

ery and is expected to be riding on the road by this fall.

The mountain bike search and rescue team trains monthly with the Manchester, Glastonbury and Bolton Fire Departments as well as other teams in order to hone its skills and provide a Search and Rescue capability in all weather, all seasons in the Central Connecticut area. If rapid search and rescue capabilities are needed in the Central Connecticut area, please call the Manchester Dept of Emergency Management at 860-647-5259.



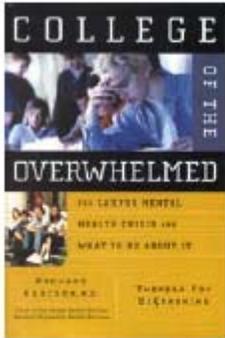
Single Tracks

Sept 2008 #99
www.nemba.org



THE GOVERNOR'S
SCHOOL AND COLLEGE
SECURITY CONFERENCE

Mental Health on College Campuses: A Growing Concern



The Connecticut Departments of Higher Education, Public Safety, and Emergency Management and Homeland Security, together with the U.S. Attorney's Office, invite you to a conference on **September 23, 2008** featuring Dr. Richard Kadison of Harvard University. Dr. Kadison has recently authored a book about the growing concerns surrounding mental health issues on college campuses. Kadison's book explores the stressors that cause students to suffer psychological problems and offers insight, stories, and warning signs about the nation's current mental health crisis among college students. Please join us for his discussion followed by a presentation by members of the Virginia State Police about the Virginia Tech Shooting.

When: Tuesday, September 23, 2008

Where: Rentschler Field, East Hartford, CT

8:00 - 8:30 a.m.

Registration

8:30-10:30 a.m.

Dr. Richard Kadison, author of *College of the Overwhelmed: The Campus Mental Health Crisis and What to Do About It*

10:30 -12:30 p.m.

Virginia Tech Shooting

Virginia State Police Presentation



Register by **September 19** by completing this form online at www.ctdhe.org or by faxing to 860/947-1310.

Name:

Title:

Organization:

Address:

E-mail Address:

Phone:



On Watch: Connecticut's Emergency Service Volunteers A Local Lens Special



Imagine if you called to report a fire,
and no one answered the call.

Imagine if you needed an ambulance,
and none were available.

Imagine if your community was struck
by a disaster, and no one came to help.

**The possibility is more real than
you think.**

Tune in —

Live documentary premiere with
emergency service volunteers in CPTV's
Chase Family Studio answering your
questions.

September 11 at 8 pm

On Watch: A Local Lens special
Sunday, September 28 at 6 pm



On Watch—Connecticut's Emergency Service Volunteers is a CPTV Connecting Our Communities initiative in partnership with State of Connecticut Department of Emergency Management and Homeland Security, Citizen Corps, the Commission on Fire Prevention and Control, the Connecticut Department of Public Health and the Public Health Foundation of Connecticut. Additional support comes from the Torrington Medical Reserve Corps.



Additional Support:



Local Lens is a CPTV documentary series made possible by funding from the Connecticut Commission on Culture and Tourism. Additional support comes from Schuylkill River National and State Heritage Area, Friends of "Voices in Conflict," and the Connecticut Council on Developmental Disabilities.