

BRADD Citizens Corps Council Newsletter

Volume II, Issue I

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Citizen Corps
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“Now’s the time, Resolve to be Ready in 2012”

For many, the New Year is a time for making resolutions and goals for the year to come. Spending more time with the family, losing ten pounds, exercising more and reducing debt are resolutions that appear on many of our lists, but the Federal Emergency Management Agency’s (FEMA) *Ready Campaign* is asking you to *Resolve to be Ready* by making an emergency preparedness resolution.

The *Ready Campaign* would like to make an emergency preparedness resolution easy to keep by providing the tools and resources needed to take the four important steps: learn your risks, make a plan, build a kit, and get involved.

Flooding, winter storms, wildfires and earthquakes - preparing ahead of time can help to save lives, protect property, and can speed up the pace of recovery. By taking a few simple steps you can prepare for what potential disaster and emergencies can bring. Make a simple resolution that can help to save you all year long. You and your family can create or update your own emergency preparedness plan, build your own

supply kit and be ready for winter storms, spring nor’easters or summer power outages.

Free preparedness resources, such as a Family Emergency Plan template and an Emergency Supply Kit Checklist are just a click away at Ready.gov or Listo.gov. The *Ready* Web site also has a special section for kids, ages 8-12, (*Ready Kids*) and for owner operators of small to medium-sized businesses (*Ready Business*). If you don’t have a computer you can contact Janarae Conway at 270-781-8039, ext. 155.

Emergencies will happen, but taking action now can help us all to minimize the impact they will have on our lives. Preparedness is contagious. What starts with one family can spread throughout a neighborhood, and every prepared community frees up emergency responders to take care of those who are in dire need. Preparedness is a shared responsibility and everyone has a role. So take the time, *Resolve to be Ready in 2012*.



2012 Weather Workshop Announcement February 24 - 25, 2012 Holiday Inn University Plaza - Bowling Green, KY

OVERVIEW

Please join us for another great Weather Workshop in 2012! We have packed two days full of weather related training - everything from spotter training, technology and science to weather safety. Keynote speakers include Chris Novy (Fox Channel 25 KOKH - Oklahoma City, OK) and Mike Hudson (Chief Operations Officer, National Weather Service, Central Region HQ, Kansas City, MI). Additionally, our vendor focus this Workshop will be for weather equipment and technology.

REGISTRATION

To register, visit www.kyem.ky.gov/weatherworkshop2012

\$30.00 - deadline is January 18

\$35.00 - after January 18

\$40.00 - on-site

Please send a copy of your registration confirmation and a check or money order payable to the KY State Treasurer to:

Tonya Coleman, KYEM
2012 Weather Workshop
Boone National Guard Center
100 Minuteman Parkway
Frankfort, KY 40601

**Please note: KYEM cannot accept any form of credit card payments.*

Holiday Inn University Plaza
Sloan Convention Center
1021 Wilkinson Trace
Bowling Green, KY 42103
Unbridled Pursuit of Excellence

FEMA Stresses Preparedness as We Reflect on the 200th Anniversary of the New Madrid Earthquake Events

Friday, December 16, 2011 marked the 200-year anniversary of the first event of the New Madrid Earthquake sequence, which is considered to be most powerful quake-series the U.S. has ever experienced. According to the U.S. Geological Survey ([USGS](#)), during 1811-12, the central Mississippi valley was violently shaken by a series of three earthquakes above a magnitude 7, and up to 200 substantial aftershocks. Today, a similar risk still exists across the nation including within the [New Madrid Seismic Zone](#), which includes Alabama, Arkansas, Illinois, Indiana, Kentucky, Mississippi, Missouri and Tennessee. The 2011 East Coast earthquake and the recent Oklahoma earthquake illustrate the fact that it is impossible to predict when or where an earthquake will occur, so it is important you and your family are prepared ahead of time

Would you know [what to do](#) in the event of an earthquake? How can you [prepare](#) yourself, your family, and your community for a possible earthquake? For the answers to these [questions, and many more](#), visit the [Ready.gov](#) website.

Glasgow VIPS

The Glasgow VIPS program logged approximately 209 hours were volunteered for this quarter. This includes time for finger printing, I.D. Card making, traffic control, Christmas parade, training, and patrol. They have 8 active members. Anyone interested, please contact the Glasgow Police Dept, 270-651-5151.

Make A Plan

There is one basic plan and survival kit needed for every disaster, but there are some mitigation that needs to be done for each disaster. For Earthquakes, make sure hot water heaters are anchored to the wall. If it is a gas hot water heater, make sure it has a flexible hose. Also, anchor book shelves, heavy items such as pictures and mirrors, and top heavy objects to the walls. Store weed killers, pesticides and flammable products securely in closed cabinets with latches and on bottom shelves. Also, store household chemicals in a similar way and separate ammonia and chlorine products.

Everyone should have a basic understanding of what to do when an earthquake occurs. When an earthquake starts “DUCK or drop to the floor”, then “take COVER under a sturdy table, desk or other furniture”. If these are not available, get against an interior wall and get into the tornado position you were taught in school. Then HOLD on for dear life to whatever you took cover under. HOLD that position until the shaking stops. If you happen to be outside, move away from anything around you. Get to a clear area. If you are near buildings, DUCK into the doorway to get away from falling debris. If you are driving, stop on the side of the road and stay away from overpasses, power-lines and other hazards. You will want to take this information and develop your own plan.

Practice your plan. On February 7, 2012, there will be a multi-state earthquake drill called The Great Central U.S. ShakeOut. Make plans to participate.

Preparing for Thunderstorms

Article Submitted by Janarae Conway

Storm season will be here before you know it. So, it is time to review the dangers produced by a thunderstorm, how to recognize one forming and the difference between a watch and a warning.

Thunderstorms produce heavy rains that cause flash flooding and flooding. Flash floods and floods are the #1 cause of deaths associated with thunderstorms. They also produce strong winds – straight-line winds are responsible for most thunderstorm wind damage, can exceed 100 mph and downbursts, a small area of rapidly descending air beneath a thunderstorm, which can cause damage equivalent to a strong tornado and can be dangerous to aviation.

Lightning occurs in all thunderstorms and causes an average of 80 fatalities and 300 injuries a year. Many fires in the western US and Alaska are caused by lightning strikes during dry conditions.

Hail is large stones of ice produced when strong rising air currents within the storm, called updrafts, carry water droplets to a height where freezing occurs. When the ice particles grow too heavy to be supported, they fall at 100 mph or faster, causing more than \$1 billion in damage to property and crops each year.

Tornadoes do form from thunderstorms. They are violent rotating columns of air. They can occur at the front or back of the storm.

Severe thunderstorms are defined by the National Weather Service as producing hail that is at least 3/4 –inch in diameter with winds of 58 mph or stronger, or a tornado. Thunderstorms are formed when there is a combination of moisture, rapidly rising warm air and a force strong enough to lift that air such as warm and cold fronts, a sea breeze, or a mountain.

What You Need to Know

Here is what you need to know before a storm happens. Develop a plan for you and your family at home, work, school, and when outdoors. Identify a safe place for your family inside your home to stay during the storm. This

place needs to be away from any windows or glass doors. Make sure that you have your disaster supply kit and your battery powered radio with you. Have frequent drills to practice your plan. Our kids practice their plan at school. Why not practice at home?

Having a weather radio programmed for your county helps you know if you are under a watch or warning. Listening to the radio (battery powered) or checking the Internet for watches and warnings can be helpful.

What is a Watch and a Warning?

You will need to know the difference between a watch and a warning. A severe thunderstorm watch is issued when the weather conditions are such that a severe thunderstorm is likely to develop. A severe thunderstorm warning is issued when a severe thunderstorm has been sighted or indicated by weather radar.

Before going outside, check the weather forecast, and watch for signs of an approaching storm. You will see towering cumulus clouds, little if any rain, and occasional lightning. Know what to do and where to go if a storm starts to approach where you are. When outside, look for somewhere to get out of the storm like a building or car. If there is no shelter, find a low spot away from trees, fences and poles. Make sure that this area is not prone to flooding. Become a very small target! Squat low to the ground, and place your hands on your knees with your head between them. Do not lie flat!! If you are in the woods, find the shortest trees to take shelter under. If you are boating or swimming, get to land and find shelter.

As the thunderstorm begins to dissipate, the rainfall will decrease in intensity, but there will still be bursts of strong winds, and lightning remains a danger.

After the storm, stay away from damaged areas and listen to the radio for information and instructions on what you need to do.

Upcoming Events Mark your calendars!

CERT/MRC trainings and other events

Date and Time	Topic to be covered	Where
February Preparedness Theme	Earthquake Awareness Contact Janarae Conway at janarae.conway@barrenriverhealth.org or 270-781-8039, x. 155 For information to give out or send out	Your neighborhood
February 6, 2012 March 5, 2012 April 2, 2012 6 P.M.	CERT monthly training Please contact Christy Davis at christyd75@gmail.com or 270-239-8041 for more information	Scottsville/Allen County Rescue Squad building 210 Virginia Drive Scottsville, Ky 42164
February 7, 2012 10:15 A.M.	The Great Central US Shakeout!	Your neighborhood or workplace
February 9, 2012 March 8, 2012 April 12, 2012 5:30 P.M.	Barren County Citizen Corps Council Meeting	Barren County Health Department 318 W. Washington St, Glasgow, KY
February 24 - 25, 2012 8 A.M.	2012 Weather Workshop See page 2 for more information.	Holiday Inn University Plaza Sloan Convention Center 1021 Wilkinson Trace Bowling Green, KY 42103
February 29, 2012 8 A.M. – 4:30 P.M.	MRC training	Barren River District Health Department 1109 State Street, Bowling Green, KY 42101
March Preparedness Theme	Severe Weather Awareness Contact Janarae Conway at janarae.conway@barrenriverhealth.org or 270-781-8039, x. 155 For information to give out or send out	Your neighborhood
Sometime in March Either March 6 or 13 9:07 A.M.	Statewide Tornado Drill	Your neighborhood or workplace

Upcoming Events Mark your calendars! CERT/MRC trainings and other events

Date and Time	Topic to be covered	Where
April 6, 2012 9:00 A.M.	BRADD Citizen Corps Council meeting	BRADD office 177 Graham Ave Bowling Green, KY
April Preparedness Theme April 15-21, 2012 April 24, 2012 5:30 P.M.	National Volunteer Week 2 nd Annual BRADD Citizen Corps Volunteer Recognition Banquet	Louie B Nunn Lodge @ Barren River State Resort Park 1149 State Park Rd. Lucas, KY 42156
February 23, 2012 March 22, 2012 April 26, 2012 12:00 P.M. – 2:00 P.M.	BRADD MRC ID Badge Pictures Please call, 270-781-8039, x. 155, or e-mail, janarae.conway@barrenriverhealth.org , to schedule your appointment.	Barren River District Health Department 1109 State Street, Bowling Green, KY 42101



Barren River Area Development District Medical Reserve Corps: A Year in Review



Article by Ann Bray,
BRADD MRC Unit Leader
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ann.bray@barrenriverhealth.org or
270-781-2490, x. 217

Every year as December 31st approaches and January 1st is in sight many of us, take time to reflect on the year coming to a close and plan for the new year. I have been doing some reflecting and planning for the BRADD MRC.

First, I would like to share my reflection on our past year; for the most part it has been a year filled with many accomplishments. I will only review a few:

- January for the first time in BRADD MRC history we were able to have two MRC members attend the Regional MRC Conference in Orlando, Florida.
- February a full MRC training was given to Bowling Green High School Students.
- March the first day long MRC training for Western Kentucky University nursing students was held.
- April the MRC participated in the BRADD Citizens Corps Banquet.
- May participated in State Wide Earthquake Drill by sending out a KHELPS alert to all approved members on KHELPS. This was accomplished and a list of possible shelter volunteers sent even though the unit leader was traveling between Bowling Green and Savannah, GA. First call went out from Monte Eagle, Tennessee and the second from Atlanta, Georgia. Proving we could activate using cell, wifi, and help from BRDHD.
- In May we also sent our first ever volunteer to the National Disaster Preparedness Conference in Texas.

- June members helped evaluate the regional hospital group earthquake table top. First open house MRC recruiting events in Allen, Barren, Logan, and Warren Counties.
- September was the Annual BRADD MRC Training and Luncheon. This was our first table top exercise and we partnered with Red Cross, Bowling Green Fire Department and the Towers to plan an exercise that looked at evacuating the Towers due to a tornado.
- October we held our second WKU MRC Training. This will be a permanent partnership between the BRADD MRC and WKU's Nursing School.
- November had three members complete IS 300.
- December two members participated in a functional exercise with the BRDHD EPI Rapid Response Team.

Unfortunately we did have one sad first in May with the death of fellow MRC member and friend Billy Wright.

As I look forward to the New Year I hope to see us continue to grow and celebrate many more good "First". Some of the upcoming events will be:

- Planning for a brunch in March
- Volunteers attending the National Disaster Preparedness Conference in May that will be held in Nashville.
- Holding our first CERT/MRC class in Simpson County.

I look forward to another great MRC Year in 2012.



Announcements

1. For those in the BRADD MRC, Janarae Conway will be doing MRC ID Badges January 26 and will be doing badges on the fourth Thursday of each month. Please call, 270-781-8039, x. 155, or e-mail, janarae.conway@barrenriverhealth.org, to schedule your appointment.
2. The BRADD Citizen Corps Council will be promoting Pet Preparedness in May and Lightning Safety Awareness in June. For information to hand out to family, friends and neighbors, please contact Janarae Conway at 270-781-8039, x. 155, or e-mail, janarae.conway@barrenriverhealth.org.
3. The BRADD Citizen Corps Council will once again be planning a regional volunteer recognition dinner in April. If you would be interested in helping plan this event please contact Janarae Conway at 270-781-8039, x. 155, or e-mail, janarae.conway@barrenriverhealth.org.
4. Allen County CERT is currently developing a Jr. CERT curriculum to share with other CERT programs, and to improve our own. If you have any ideas or suggestions, please contact Christy Davis at christyd75@gmail.com or 270-239-8041.
5. Newsletter deadline for the next newsletter is March 15, 2012. Please send all training dates, articles and any other items to Janarae Conway at 270-781-8039, x. 155, or e-mail, janarae.conway@barrenriverhealth.org.

