

Emergency Preparedness

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April 2016

National PrepareAthon Day - April 30

By Ursula Kiel

It's time to get prepared! April 30 and Sept. 30 are National PrepareAthon Days. The goal of America's PrepareAthon is to build our nation's resilience by increasing the number of individuals who understand what disasters could happen in their community, know what to do to be safe and mitigate damage, take action to increase preparedness and participate in community resilience planning.

Why is the PrepareAthon important and why participate?

Between 1900 and 2014, the United States experienced 38 earthquakes, 166 floods, 568 storms and 936 tornados.

In 2014 alone, there were more than 300 fatalities and more than 2,100 injuries due to weather-related disasters.

Based on a Federal Emergency Management Agency (FEMA) national survey, 54 percent of the U.S. population do not believe their community will experience a natural disaster – and less than half of those respondents have a plan they have discussed with their family members.

Research shows that people are more prepared for a disaster if they are aware of community alerts and systems, talk about their

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April 30, 2016



www.fairfaxcounty.gov/alerts



This newsletter is published by the Fairfax County Office of Emergency Management

Meet Our Volunteer

This month's newsletter features interviews with some volunteers to highlight National Volunteer Week.

Volunteer Interview: The Rev. Dr. Carol Brooks-Truesdale

The Rev. Dr. Carol Brooks-Truesdale is a volunteer with the Fairfax County Community Chaplain Corps (FCCCC).

How long have you been a volunteer with this group?

I joined the Fairfax County Community Chaplain Corps in 2011. Wow, I'm going into my fifth year now! I can say that being in the corps has really given me some life lessons, experiences and training that I consider invaluable.

Why did you decide to volunteer with this organization?

I grew up watching my mother and father involved in community service. I learned from them that we are all connected as people living together in community. They instilled in me that, "We are our brother's keeper."

I joined the Fairfax County Community Chaplain Corps (FCCCC) as a volunteer because I envisioned the Chaplain Corps was an organization with an outreach program that is community-based. The Chaplain Corps allows me an opportunity to serve diverse people of many faith groups, ethnicity and cultural backgrounds in the community.

When there is a crisis in the community it gives me an opportunity to bring a spiritual sense of calm and compassion to a traumatic incident.

The FCCC Corps also provides excellent training opportunities that has increases my knowledge in crisis response. I have used this training in other areas of my life as I have had to assist people in crisis, so it has impacted me in a positive and beneficial way.

FCCCC may not be a well-known volunteer service offered within the county. We will be doing a summary profile of FCCCC to provide the basic information. Is there anything that you'd like to share with the community about FCCCC or the services provided?

The Fairfax County Community Chaplain Corps was formed in 2010. The county's Department of Family Services saw a need for a "spiritual component" when there were disaster evacuations and people were moved to shelters for a period of time. Today the Fairfax County Community Chaplain Corp is a valuable asset to the community disaster and emergency team under the direction of the Office of Emergency Management and in cooperation with other county disaster personnel.



The Rev. Dr. Carol Brooks-Truesdale

The Fairfax County Community Chaplain Corps' purpose and mission is to be on call to respond, as needed, to provide comfort, solace and spiritual care to Fairfax County residents during and/or after a natural or man-made disaster or critical incident. Putting our purpose and mission in action as community chaplains we will:

- Provide a pastoral presence.
- Provide a listening ear.
- Provide a sense of spiritual safety, security, healing and hope.
- Provide a helping hand at the scene with basic needs such as food and water.
- Provide direction to next step resources.

The Fairfax County Community Chaplain Corps provides chaplain care to community members impacted by the effects of a disaster or emergency. The FCCC Corps work as a part of an emergency or disaster team under the directions of the locally designated incident management system and in cooperation with county police and fire and rescue chaplains and mental health personnel. FCCC Corps chaplains may be deployed to family assistance centers, emergency shelters, site information centers and other locations set up in a crisis or emergency as directed. FCCC Corps chaplains may accompany Fairfax County police officers on death notifications.

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Volunteer Interview: James Sobecke

James Sobecke is a volunteer with Fairfax County CERT, as well as chair of the Fairfax County Citizens Corps Council and a member of Fairfax County Amateur Radio Emergency Service (ARES). He has been involved with CERT since 2008.

Why did you decide to volunteer with this organization?

I've had a longtime interest since college. I want to give back to the community and help my neighbors – even more so since I am retired now.

What activity or thing do you enjoy most about volunteering?

Sharing knowledge and skills; there is a satisfaction in seeing others who want to be prepared and I appreciate the opportunity to be able to share information.

I enjoy the hands-on training and demonstrating expedient methods and thinking out of the box.

If there is one thing you could remind people to do to be prepared for a disaster or emergency, what would it be?

It's called EDC – everyday carry – which means having the right stuff readily available for that just-in-case situation. I have several go-kits for different capabilities and situations. Also, don't put all your eggs in one basket; it's the approach that I follow. Always consider backup items, multitasking, simplicity and ease of use.



James Sobecke



Fairfax County, Va., publication.

To request this information in an alternate format, call 571-350-1000, TTY 711.

Outreach Events

April Events

- April 5 – Faith-based Recovery Project at Northern Virginia Jewish Community Center, Fairfax (all day)
- April 6 – Beverly Forest Civic Association Meeting, Springfield, 7 p.m.
- April 7 – Virginia Voluntary Organizations Active In Disasters meeting, Richmond (all day)
- April 8 – Volunteer Fairfax Awards Breakfast, Springfield, 8 a.m.
- April 9 – Worship Watch Program, West Springfield, 8:30 a.m. to 12:30 p.m.
- April 16 – Living Well, Aging Well Summit, Government Center, Fairfax (tentative) (all day)
- April 19 – Faith-based Emergency Planning, Annandale (all day)
- April 21 – Faith Communities In Action – Emergency Planning Committee meeting, MPSTOC, Fairfax, 8:30 to 10 a.m.
- April 22 – Reston Senior Health, Safety and Wellness Seminar, Reston, 1 to 4 p.m.
- April 24 – Saint John Neumann Catholic Community Health Fair, Reston, 10 a.m. to 4 p.m.
- April 25 – Childcare Provider Emergency Preparedness Training, Pennino Building, Fairfax, 7 p.m.

To learn more about emergency preparedness visit www.fairfaxcounty.gov/oem/ or call 571-350-1000, TTY 711; email oem-outreach@fairfaxcounty.gov.



OEM
PREPAREDNESS
THROUGH
PARTNERSHIPS

The Fairfax County Office of Emergency Management is available to deliver emergency preparedness presentations to community organizations and homeowners associations. If interested, call OEM at 571-350-1000, TTY 711, or email at oem-outreach@fairfaxcounty.gov.

Volunteer to Be Prepared

By Dean Sherick

April 10-16, is National Volunteer Week and there are a variety of organizations and programs that residents of Fairfax County can participate with to improve the emergency preparedness of themselves, their families and their neighborhoods.

The Fairfax County Citizen Corps was established to harness the power of individuals through education, training and volunteer service to make communities safe, strong and better prepared to respond to the threats of terrorism, crime, public health issues and disasters of all kinds. There are five core programs:

The Community Emergency Response Team (CERT) trains people in neighborhoods, workplaces, schools and faith-based organizations in basic disaster response skills, such as fire suppression and search and rescue, and helps them take a more active role in emergency preparedness. CERT is a great way to be better prepared and, should the need arise, help your community recover from a disaster.

www.fairfaxcounty.gov/fr/cert

Fire Corps volunteers are trained to perform non-operational administrative duties at the Fairfax County Fire and Rescue Department headquarters and at volunteer fire stations.

www.fairfaxcounty.gov/oem/citizencorps/firecorps.htm

Our **Medical Reserve Corps (MRC)** is composed of medical and non-medical volunteers of the Fairfax County Health Department that could support the Health Department if called upon to prepare for, respond to and recover from natural and man-made disasters and emergencies. These dedicated volunteers have provided thousands of hours of staffing to assist our county.

www.fairfaxcounty.gov/MRC

Fairfax County's **Neighborhood Watch** program brings private citizens and law enforcement together to reduce crime and improve the quality of life in our neighborhoods. It brings to life the simple concept of neighbors watching out for neighbors. Volunteers may join an existing group or establish one in their neighborhood.

www.fairfaxcounty.gov/oem/citizencorps/nw.htm

Volunteer Interview: Nick Kalenich

Nick Kalenich has been a volunteer with the Fairfax County Medical Reserve Corps for five years.

Why did you decide to volunteer with this organization?

To help multiple agencies on all levels of government help those in need.

What activity or thing do you enjoy most about volunteering?

Knowing that we (MRC) are at the ready when it hits the fan.



Nick Kalenich

If there is one thing you could remind people to do to be prepared for a disaster or emergency, what would it be?

Prepare! Prepare! Prepare! Be ready for anything and know what to do!



Fairfax County
Office of Emergency Management
4890 Alliance Drive, Fairfax, VA 22030
571-350-1000, TTY 711
www.fairfaxcounty.gov/oem
oem@fairfaxcounty.gov

The **Volunteers in Police Service (VIPS)** provides support for the Police Department by incorporating volunteers so that law enforcement professionals have more time for frontline duty. VIPS includes auxiliary police officers, administrative volunteers and the Citizen's Police Academy. VIPS volunteers work side-by-side with officers to help various programs operate smoothly.

<http://1.usa.gov/IWZM84F>

Other organizations affiliated with the Fairfax County Citizen Corps include **Amateur Radio Emergency Services**, whose members are part of the communications network that may be established for disaster response. The **American Red Cross** provides a broad range of training as well as services to areas hit by

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PrepareAthon Day

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preparedness plan with family and others, attend trainings and participate in a drill or exercise. What better way to get started than to participate in this month's PrepareAthon?

Participation in America's PrepareAthon is simple! Everyone can participate including workplaces, schools, houses of worship, community-based organizations, institutions of higher education, as well as individuals and families. Also, participation in America's PrepareAthon can take place anytime throughout the year.

Visit <https://ready.gov/prepare> to learn which hazards can affect your community, review the list of 10 actions and choose a preparedness activity that best fits your hazard. Next, register yourself to be counted.

Once registered, you can download a certificate of participation. Then – congratulations! You, your organization or group has now taken an important step toward preparing this nation for disasters.

For more information, visit <https://ready.gov/prepare>.

Ursula Kiel is the outreach disability integration liaison with OEM. She holds a bachelor's of art in psychology from the University of West Georgia.

Stay Connected to Emergency Information



Fairfax County Emergency Alerts
www.fairfaxcounty.gov/alerts



Emergency Information Blog
www.fairfaxcounty.gov/emergency/blog



Fairfax County Government Radio
www.fairfaxcounty.gov/radio



Fairfax County on Twitter
www.twitter.com/fairfaxcounty



Fairfax County on Facebook
www.facebook.com/fairfaxcounty



Fairfax County on YouTube
www.youtube.com/fairfaxcountygov

The Fairfax County Citizen Corps

harnesses the power of individuals through education, training and volunteer service to make communities safe, stronger and better prepared to respond to the threats of terrorism, crime, public health issues and disasters of all kinds. There are five core programs:



Volunteers in Police Service (VIPS)

Provides support for the police department by incorporating volunteers so that law enforcement professionals have more time for frontline duty. VIPS includes auxiliary police officers, administrative volunteers, and the Citizen's Police Academy.
www.fairfaxcounty.gov/police/getinvolved/120711volunteers.htm



Neighborhood Watch

Brings private citizens and law enforcement together to reduce crime and improve the quality of life in our neighborhoods. It brings to life the simple concept of neighbors watching out for neighbors. Volunteers may join an existing group or establish one in their neighborhood.
www.fairfaxcounty.gov/oem/citizencorps/nw.htm



Medical Reserve Corps (MRC)

The Medical Reserve Corps is composed of medical and non-medical volunteers of the Fairfax County Health Department that could support the Health Department if called upon to prepare for, respond to and recover from natural and man-made disasters and emergencies.
www.fairfaxcounty.gov/MRC



Community Emergency Response Team (CERT)

Trains people in neighborhoods, workplaces, and schools in basic disaster response skills, such as fire suppression and search and rescue, and helps them take a more active role in emergency preparedness.
www.fairfaxcounty.gov/fr/cert



Fire Corps

Volunteers are trained to perform non-operational administrative duties at the Fairfax County Fire and Rescue Department Headquarters and at volunteer fire stations.
www.fairfaxcounty.gov/oem/citizencorps/firecorps.htm



Volunteer Interview: Steve Glickstein



Steve Glickstein (pictured above) has volunteered for over 30 years with the Fairfax County Amateur Radio Emergency Service (AERS).

What are your most enjoyable activities as a volunteer?

Providing public service radio communications when routine telephone and radio channels aren't usable.

If there is one thing you could remind people to do to be prepared for a disaster or emergency, what would it be?

One suggestion to be prepared for a disaster or emergency; have checklists for disaster preparation and evacuation so that you know in advance what is essential (minimum food/clothing/medicine/etc.) and how to contact family members who may not be home when disaster strikes.

Volunteer Interview: Anita van der Merwe

Anita van der Merwe has been a volunteer with the Fairfax County Community Emergency Response Team (CERT) for four years (CERT Class #61).

Why did you decide to volunteer with CERT?

In my professional job as a continuity practitioner in the corporate world, I facilitate the planning and exercising of technology recovery and business continuity plans for a corporation. Learning about personal and community preparedness is a natural extension. Once I completed my initial CERT training, I became actively involved as a volunteer, joined the volunteer leadership team and

Volunteer Interview: William Ridgeway

William Ridgeway is an auxiliary police officer (APO) with the Fairfax County Police Department, a volunteer position he has held for 12 years.



William Ridgeway

Why did you decide to volunteer with this organization?

I wanted to do something different. Applying was the best decision I have ever made

What activity or thing do you enjoy most about volunteering?

I enjoy helping the officers who are assigned to patrol, whether that is assisting on a traffic stop or helping direct traffic.

If there is one thing you could remind people to do to be prepared for a disaster or emergency, what would it be?

Always have a few cases of water and extra batteries available. If possible, check on your elderly neighbors.



Anita van der Merwe

qualified as an instructor. I continue honing my skills by taking continuing education. Through CERT I have met a diverse group of like-minded people and have made some very good friends.

What do you enjoy most about volunteering?

That moment when you have been a part of helping someone overcome a hurdle and discover their capability in being better prepared.

If there is one thing you could remind people to do to be prepared for a disaster or emergency, what would it be?

Maintain your situational awareness. Every person can make a difference. And never be without duct tape!

Volunteer to be Prepared

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disasters. Our **Faith Communities In Action** team engages the faith-based communities to assist in individual congregation preparedness. Many are trained and equipped for disaster response.

The **Northern Virginia Resource Center for the Deaf and Hard of Hearing** volunteers provide training to first responders to better integrate those with functional needs during times of disaster. **United Way** participation brings a broad range of organizations whose volunteers assist a variety of communities on a daily basis as well as for disasters.

Volunteer Fairfax coordinates volunteer opportunities for individuals and groups and is the designated organization for recruitment and deployment of affiliated and spontaneous volunteers during an emergency.

The Fairfax County Office of Emergency Management (OEM) thanks the many volunteers who have contributed their time and talents over the past year. Your efforts are greatly appreciated and make Fairfax County more resilient.

OEM encourages everyone to be involved in emergency preparedness and what better way to help yourself and your community than by volunteering with one of those programs or organizations that assist emergency preparedness efforts as well as during times of crisis.

April 10-16 is National Volunteer Week so join in and be part of the fulfilling roles that volunteers contribute to emergency preparedness. You can learn more about the Fairfax County Office of Emergency Management at www.fairfaxcounty.gov/oem.

Dean Sherick is community liaison assistant with OEM with nearly 40 years of public safety experience.



Volunteer Interview: Phil Schroeder

Phil Schroeder is a volunteer with VIPS, the Volunteer in Police Service with the Fairfax County Police Department, assigned to the West Springfield police station. He joined the VIPS program on Sept. 1, 2011.

Why did you decide to volunteer with this organization?

The short answer is that I had a chance meeting with the commander of the West Springfield police station. In conversation, I mentioned that I was getting ready to retire after more than 40 years managing computer activities, both in the military and with civilian agencies. He said that he could really use someone with my background and asked me to come see him when I did retire.

So I went to see him soon after I retired and we had a nice conversation. He convinced me that I could really make a difference and asked me if I'd like to join VIPS. So I did, and I've enjoyed every minute of my volunteer time since then!

The longer answer would include the fact that I've been monitoring police and fire activities for a long time in many areas of the country, mainly following some of my relatives who had joined the fire departments in various jurisdictions. Then in this area, my wife and I got involved in the SALT (Seniors and Law Enforcement Together) program. This group met monthly at the Franconia police station. While we were attending one of their meetings, we heard about the Fairfax County Citizens Police Academy. We applied and both graduated in May 2009. We both continue our relationship with the academy and have joined their alumni association. Additionally, we have been regular attendees at the monthly West Springfield Citizens Advisory Committee (CAC) meetings.

A couple of years later, I also had an opportunity to attend the FBI Citizens Academy, and graduated from it in November 2011. I am also a member of their alumni association. And just last year, my wife and I both attended the fifth class of the Fairfax County Citizen's Fire and Rescue Academy, graduating in May 2015. So I've had some previous exposure to the Police Department and public safety activities prior to joining the VIPS program.

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Volunteer Interview: Margaret Cotroneo

Margaret Cotroneo, PhD, RN, is a volunteer with the Fairfax County Medical Reserve Corps (MRC).

When did you join the MRC?

I joined the Fairfax MRC at its inception in 2004, volunteering as a unit leader. After completing my training, I co-taught the original Psychological First Aid Course and served as a member of the training committee. I participated in training events and community events. Currently, I provide administrative support services. Dr. Addo-Ayensu's (Fairfax County health director) support of the MRC and her obvious commitment to it was a big factor in my own participation. I wanted to volunteer in an effort that mattered to the Health Department.

Why did you join?

I had just retired as a faculty member, University of Pennsylvania, in 2004 and moved to Virginia. I wanted to find a way to engage with my new community to learn more about it and to contribute and enhance my skills in mental health, community health and public health.

I have always been an advocate for public health, believing that communities often do not understand what public health is and does. I did not want to lose touch with community health and with the profession of nursing.

The MRC was a perfect fit because the Fairfax County Health Department saw the MRC as a valued partner. I also needed the freedom to contribute in a flexible way given my retiree status.

What do you enjoy most?

Making a meaningful contribution to something that I care deeply about: prevention and the health of the public

What is the one thing you would remind people to do to be prepared for a disaster or emergency?

Become informed about emergency and disaster preparedness and share that information with children in the family.



Margaret Cotroneo, second from left, is a volunteer with the Medical Reserve Corps.

Interviews

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Chaplains may also be deployed to homes or locations in the county to provide chaplain services to family and friends at scenes when a sudden death or suicide occurs.

What activity or thing do you enjoy most about volunteering?

I think what I enjoy most as I volunteer and serve others is meeting and talking with people. Often when I'm in a situation to help others, I always find that I learn so much more from them. It is gratifying also to know that in some small way I have made a difference in someone's life and offered a hand to inspire hope.

If there is one thing you could remind people to do to be prepared for a disaster or emergency, what would it be?

The one thing I would encourage people to do is, make a plan. Then go over the plan on a regular basis because the more people know what to do for their families and co-workers at the workplace in case of an emergency or disaster, will save lives. If you go to the fairfaxcounty.gov Web page you will find valuable information that will prepare you for an emergency situation.



Schroeder

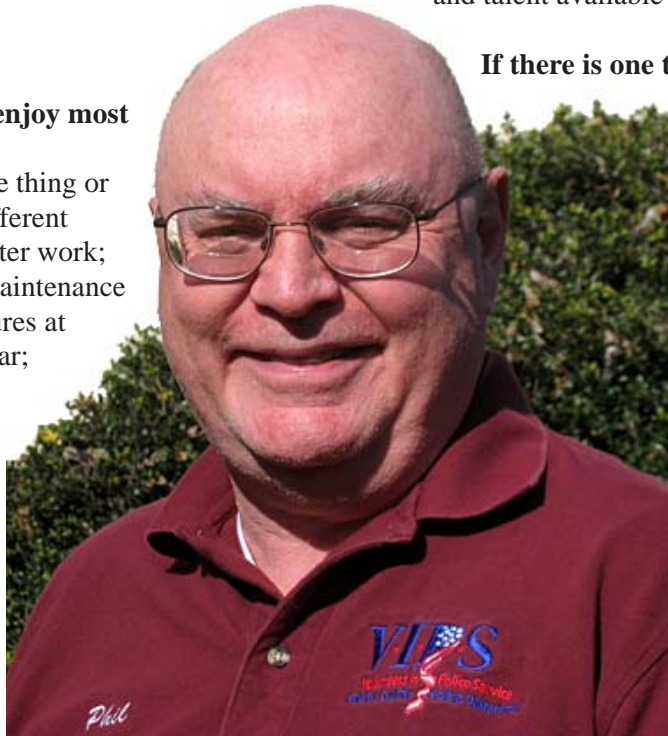
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What activity or thing do you enjoy most about volunteering?

It would be hard to name just one thing or activity, as I've done so many different things. I've done a ton of computer work; I've taken cars to and from the maintenance facilities; I've taken a lot of pictures at various events throughout the year; and I have been a role player, participating in several different training exercises.

But here are the things I really enjoy:

- Associating with some of the finest men and women in our county. They are truly great people, doing a thankless job, for minimum pay.
- Being appreciated for the work.
- That volunteers are accepted as part of the family.
- Feeling a sense of accomplishment and making a



Phil Schroeder

- difference with the tasks and assignments that I'm given.
- Learning more and more each day about the resources and talent available in Fairfax County.

If there is one thing you could remind people to do to be prepared for a disaster or emergency, what would it be?

If you can't plan ahead, plan afoot!

The key to handling any emergency is having a plan. It's better if you can prepare yourself in advance by giving some thought to what you'll do in any given emergency. Then make an action plan and obtain the necessary logistics to support your plan.

But if that is not possible, then assess the situation as best you can, make a recovery plan and execute it. But

again ... plan, plan and plan again. For if you fail to plan, you've planned to fail!

April Is National Safe Digging Month

For more than 20 years, the State Corporation Commission (SCC) has enforced the Virginia Underground Utility Damage Prevention Act (Act). Virginia has a nationally recognized damage prevention program summed up in the message, "Dig With C.A.R.E. Keep Virginia Safe!"

C.A.R.E. means:

- Call 811 before you dig.
- Allow the required time for marking.
- Respect and protect the marks.
- Excavate carefully.

The consequences of damaging an underground utility line can be very serious and range from loss of essential utility services to personal injury or worse.

Calling 811 connects you to VA811, the state's one-call notification center that operates Monday through Friday, 7 a.m. to 5 p.m., excluding legal state and

national holidays. Emergency notification service is available 365 days a year, 24 hours a day.

When VA811 receives a call concerning digging or a demolition, trained staff will ask for important information about the planned work and then notify member utility operators that may have underground utility lines in your project area. Utility operators will respond by sending locators to your project area within the time allowed by law to mark the approximate horizontal location on the ground within 2 feet of the underground utility lines by means of paint, stakes or flags. There is no cost for this service. Once marked, hand digging is required within 24 inches of these marks plus the width of the utility line if known. This area is referred to as the tolerance zone.

To learn more, contact the SCC Division of Utility and Railroad Safety at 804-371-9980, or visit www.scc.virginia.gov/urs/mutility/index.aspx.

Getting Prepared for a Flood

There are many easy and affordable ways for individuals, families and communities to take action to be prepared for a flood emergency.

- Sign up for local alerts and warnings, download apps and/or check access for wireless emergency alerts.
- Create and test your family emergency communication plan.
- Assemble or update emergency supplies.
- Conduct a drill to practice emergency response actions.
- Participate in a preparedness discussion, training or class (FEMA offers a citizen preparedness course).

When people prepare and practice for an emergency event such as a flood, it can make a real difference in their ability to take an immediate and well-informed action.

America's PrepareAthon! "How to Prepare for a Flood" offers recommendations to help you protect your loved ones and valuables. Get flood resources online at <http://community.fema.gov/hazard/flood/be-smart>.



Get your copy of "How to Prepare for a Flood" from FEMA online at <http://1.usa.gov/1yT9Nus>.

FLOOD WATCH

Flooding in your area is possible. You should leave or be prepared to move to higher ground immediately upon short notice. Tune in to NOAA Weather Radio All Hazards, local radio and/or television stations for information and monitor alert notifications.

FLOOD WARNING

Flooding is occurring or is about to occur soon. If advised to evacuate, do so immediately.

FLASH FLOOD WATCH

Flash flooding is possible. You should leave or be prepared to move to higher ground upon short notice. Listen to a NOAA Weather Radio All Hazards, local radio and/or television stations for information and monitor alert notifications.

FLASH FLOOD WARNING

A flash flood is occurring or about to occur. Seek higher ground immediately.

