

LETTER FROM THE COORDINATOR

Winter is hopefully on its way out and Spring is around the corner. That being said March is both Severe Weather Safety Month and American Red Cross Month. You will find on Ready.gov a lot of useful links and resources for these topics. A couple of key points stressed are listed below:

- Know what to do before, during, and after severe weather.
- Create a communications plan with your family before severe weather hits.
- Have emergency supplies in place at home, at work, and in the car.
- Listen to local officials.
- Check your insurance policies to ensure you have enough coverage.
- Evacuate if advised by local authorities.

As discussed at our meeting I have put together a CERT class for those members who have not taken the class yet at the county. The schedule is included in this newsletter. Also if you have any friends or family that may be interested in taking the course they are welcome to attend.

There will also be a spring clean up day April 1st. The day will be a day of going through all of our equipment ensuring that it is all in working condition and organized. Dates for upcoming events are listed on the last page of this newsletter.

Sincerely,

Cathy Umrichin

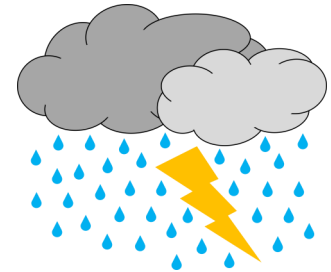
Cathy Umrichin
OEM Coordinator

*“Plans are nothing; planning is everything”
General Dwight D. Eisenhower*

Every month there are different topics of preparedness. Below please find this month's topics. Additional information on these topics are also included in this newsletter.

March

American Red Cross Month Severe Weather Preparedness



THUNDERSTORMS If you can hear thunder, you are close enough for lightning to be a threat. If thunder roars, go indoors and stay inside for at least 30 minutes after the thunder stops.

- Listen to local news or NOAA Weather Radio for emergency updates. Watch for signs of a storm, like darkening skies, lightning flashes or increasing wind.
- Postpone outdoor activities if thunderstorms are likely to occur. Many people struck by lightning are not in the area where rain is falling.
- If a severe thunderstorm warning is issued, take shelter in a substantial building or in a vehicle with the windows closed. Get out of mobile homes that can blow over in high winds.
- Avoid using electrical equipment and telephones. Use battery-powered TVs and radios instead.
- Shutter windows and close outside doors securely. Keep away from windows.
- Do not take a bath, shower or use running water.
- If driving, try to safely exit the roadway and park. Stay in the vehicle and turn on the emergency flashers until the heavy rain ends. Avoid touching metal or other surfaces that conduct electricity in and outside the vehicle.
- If outside and unable to reach a safe building, avoid high ground; water; tall, isolated trees; and metal objects such as fences or bleachers. Picnic shelters, dugouts and sheds are NOT safe.

More information on what to do before, during and after all types of emergencies is available in the Preparedness section of www.redcross.org.

Spring Has Sprung! Get Ready for Some of America's Wildest Weather



Tornadoes, floods, thunderstorm winds, hail, lightning, heat, wildfires, rip currents and tsunamis - spring is three months of danger that can imperil the unprepared. It roars in like a lion and continues to roar across the United States throughout March, April and May.

Spring is a time of transition, when late-season snowstorms can impact the East Coast and the Northern Plains, thunderstorms rip across the South and Midwest, rivers overflow their banks and heat waves begin in the Southwest. And there's one hazard that can strike the coasts at any time: tsunamis.

Don't let this dangerous season catch you unaware. Get ready for spring with just a few simple steps: ***Know Your Risk, Take Action and Be a Force of Nature.***

Know Your Risk

Tornadoes, floods, thunderstorm winds, hail, lightning, heat, wildfires, rip currents and tsunamis can be a killer for the unprepared. Here's what you need to know about these dangerous hazards:

- Since 2003, 43 states within the continental United States have come under a tornado watch; 49 states have come under severe thunderstorm watches; and lightning strikes occur in every state.
- More than half of the total freshwater flood-related deaths each year result from motorists driving into floodwaters. It only takes 12 inches of water to carry off a small vehicle.
- Heat is one of the leading weather-related killers in the United States, resulting in hundreds of deaths each year. The heat wave of 1995 claimed more than 700 lives in the Chicago area alone.
- In 2014, there were 26 lightning fatalities - six in Florida alone.
- Wildfires kill 30 people, destroy 2,800 homes and burn more than 7 million acres, on average per year.
- The United States Lifesaving Association estimates that more than 100 people each year die in the surf zone waters of the U.S. and that rip currents cause the majority of those fatalities.

Since the beginning of the 20th century, 34 tsunami events have caused more than 500 deaths and over \$1.7 billion (2014 dollars) in damage to U.S. coastal states and territories.

Take Action

While the weather may be wild, you are not powerless. Prepare for spring hazards including tornadoes, floods, thunderstorm winds, hail, lightning, heat, wildfires, rip currents and tsunamis with these simple steps:

You may have only minutes to find shelter before a tornado strikes. Practice a family tornado drill at least once a year.

Whether driving or walking, any time you come to a flooded road, Turn Around Don't Drown®.

Check to see if officials in charge of sports have a written lightning safety plan.

Extreme heat comes early to the Southwest. During a heat wave, reschedule strenuous outdoor activities for the coolest time of the day.

If you live near wildland areas, make sure your home is Firewise and fire-safe.

This spring break, avoid rip currents by checking the local beach forecast and talking to the lifeguard.

If you live, work or play on the coast, learn about tsunami safety.

Be a Force of Nature

Being prepared is about helping your community. Share your weather and emergency preparedness story and you'll inspire others to prepare.

- Write a post on Facebook. Share with your friends and family the details of how you're weather-ready.
- Tweet that you're prepared with [#SpringSafetyPrep](#). Help us build an online community of the prepared.
- Create a Family Communication Plan so that your loved ones know how to get in touch during an emergency. And let your friends know that they should create a plan also.
- Look for ways to help your town prepare, such as volunteering with the American Red Cross or joining a Community Emergency Response Team.

Register for America's PrepareAthon! to learn how to stay safe during disasters.

These simple steps will help keep you safe from tornadoes, floods, lightning, heat, wildfires, rip currents and tsunamis. A little bit of preparation can make a big difference. And being ready for these hazards will help you throughout the year.





FORT LEE CERT Class

Fort Lee Office of Emergency Management
Fort Lee Police Department – Training Classroom
1327 16th Street, Fort Lee, NJ 07024
March 13, 2017 – April 12, 2017
7:00 PM – 9:30 PM

Session	Date	Topic	Instructor
1	03/13/17 Monday	CERT & Disaster Preparedness	FLOEM
2	03/15/17 Wednesday	Disaster Fire Suppression	FLFD
3	03/20/17 Monday	Disaster Fire Suppression	FLFD
4	03/22/17 Wednesday	Disaster Medical Operations Classroom	FLOEM
5	03/27/17 Monday	Disaster Medical Operations Practical	FLOEM
6	03/29/17 Wednesday	Light Search & Rescue	FLFD
7	04/03/17 Monday	ICS 100 & 700	BCOEM
8	04/05/17 Wednesday	Disaster Psychology	BCOEM
9	04/10/17 Monday	Terrorism Awareness	BCOEM
10	04/12/17 Wednesday	Final Exam/Practical Exercises	FLOEM/BCOEM

To register for this class please email FORT LEE OEM at
cumrichinoem@fortleepolice.org or call 201-592-3700 ext. 1512

Mark your Calendars



- March 13, 2017—CERT Class Startup
- April 1st 2017—Spring Cleanup
- April 8th, 2017—Spring Cleanup round 2
- April 26, 2017 - OEM Meeting at 6 pm at Fort Lee Police Headquarters
- May 1st—5th— NJEPA Conference in Atlantic City—Last day for early bird registration was Feb 28. The cost is now \$135 and at the door \$150
- May 7th — Run The Palisades - at the Community Center.
- May 21st— Gran Fondo NYC
- May 29th— Memorial Day Parade
- June 4th— Fort Lee Arts & Music Festival on Lemoine Avenue between Main Street & Bruce Reynolds Blvd.
- July 26th, 2017—OEM Meeting at 6pm at Fort Lee Police Headquarters
- October 25th, 2017— OEM Meeting at 6pm at Fort Lee Police



Text 07024 to:
888777

**STAY INFORMED ABOUT
EMERGENCY
SITUATIONS!**

Fort Lee Office of Emergency Management

HAPPY BIRTHDAY TO OUR VOLUNTEERS **MARCH 2017 BIRTHDAYS**

Sadie Mazza — March 20th
(Former member)

Address: 1327 16th Street

Fort Lee, NJ 07024

Phone: (201) 592-3700 X 1512

Fax: (201) 585-7222

Website: www.fortleeoem.org

Emails: cumrichinoem@fortleepolice.org

OR

ahoffmanoem@fortleepolice.org