

# San Gabriel Valley CAER

Community  
Awareness &  
Emergency  
Response

## NEWSLETTER

September 2009

Produced and edited by:  
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### ABOUT SGV CAER

San Gabriel Valley Community Awareness and Emergency Response (SGV CAER) is a non-profit group of public emergency response agencies, local chambers of commerce and facilities and businesses that use, store, handle, produce or transport hazardous materials. Our mission is to ensure the involvement of industry, public agencies, and the community in issues of emergency preparedness and public awareness.

### UPCOMING BOARD MEETING

San Gabriel Valley CAER will be holding its next board meeting at Veolia Environmental Services in Azusa on Thursday, September 8 at 11:30 AM. Lunch will be provided. All interested individuals are welcome and encouraged to attend. Please RSVP to Robert Summers, SGV CAER President ([RSummers@Norac.com](mailto:RSummers@Norac.com) or (626) 334-2908).

### GENERAL MEETING



On Tuesday, August 11, SGV CAER sponsored an informative lunch meeting on protecting your children from the internet and identity theft in conjunction with the Azusa Chamber of Commerce. The meeting was held at the Army National Guard Azusa Readiness Center.

Featured speakers were Detective Terry Henson from the Azusa Police Department and Diane Gonzalez a Community Outreach Specialist from the FBI.

Detective Henson gave eye opening presentation on protecting your kids from internet predation. The most important thing to remember from his presentations was, "Get involved in you children's lives."

Agent Gonzalez reiterated the need to safeguard your personal identification and provide valuable information on the steps to protect you personal information.

For more information about identity theft, visit [www.ftc.gov/idtheft](http://www.ftc.gov/idtheft) or call (877) 438-4338. For Internet safety for children, visit [www.netSMART411.org](http://www.netSMART411.org).

### PLAY IT SAFE - 3<sup>RD</sup> ANNUAL EMERGENCY EXPO!

*Play It Safe Emergency Expo is Fun, Friendly and FREE!*

**Saturday, September 26, 2009  
10:00AM - 3:00 PM**

**Verdugo Hills Hospital  
East parking lot  
1812 Verdugo Boulevard, Glendale**

For More information, please contact  
La Cañada Flintridge Chamber of Commerce: (818) 790-4289

### HOW TO PROTECT YOURSELF IN THE WORKPLACE DURING A PANDEMIC

The best strategy to reduce the risk of becoming ill with pandemic influenza is to avoid crowded settings and other situations that increase the risk of exposure to someone who may be infected. If you must be in a crowded setting, minimize your time there. Some basic hygiene and social distancing precautions that can be used in every workplace include the following:

- Stay home if you are sick.
- Wash your hands frequently with soap and water for 20 seconds or with a hand sanitizer if soap and water are not available.
- Avoid touching your nose, mouth and eyes.
- Cover your coughs and sneezes with a tissue, or cough and sneeze into your upper sleeve. Dispose of tissues in no-touch trash receptacles.
- Wash your hands or use a hand sanitizer after coughing, sneezing, or blowing your nose.
- Avoid close contact (within 6 feet) with coworkers and customers.
- Avoid shaking hands and always wash your hands after physical contact with others.
- If wearing gloves, always wash your hands after removing them.
- Keep frequently touched common surfaces (for example, telephones, computer equipment, etc.) clean.
- Try not to use other workers' phones, desks, offices, or other work tools and equipment.
- Minimize group meetings; use e-mails, phones and text messaging. If meetings are unavoidable, avoid close contact (within 6 feet) with others and ensure that the meeting room is properly ventilated.
- Limit unnecessary visitors to the workplace.
- Maintain a healthy lifestyle; attention to rest, diet, exercise and relaxation helps maintain physical and emotional health.

For more information, see *Guidance on Preparing Workplaces for an Influenza Pandemic*, OSHA Publication No. 3327, which can be accessed at [www.osha.gov](http://www.osha.gov).



### FLU TERMS DEFINED

**Seasonal (or common) flu** is a respiratory illness that can be transmitted person to person. Most people have some immunity, and a vaccine is available.

**Novel H1N1 flu** is a new influenza virus causing illness in people. This new virus was first detected in the U.S. in April 2009, and has spread to many countries around the world.

**Bird flu** is commonly used to refer to *Avian flu* (see below). Bird flu viruses infect birds, including chickens, other poultry and wild birds such as ducks.

**Avian flu (AI)** is caused by influenza viruses that occur naturally among wild birds. Low pathogenic AI is common in birds and

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causes few problems. Highly pathogenic H5N1 is deadly to domestic fowl, can be transmitted from birds to humans, and is deadly to humans. There is virtually no human immunity and human vaccine availability is very limited.

**Pandemic flu** is virulent human flu that causes a global outbreak, or pandemic, of serious illness. Because there is little natural immunity, the disease can spread easily from person to person



## 10 TIPS FOR ENHANCING WILDLIFE, HABITATS

### SIMPLE STEPS TO SAVING WATER IN THE LANDSCAPE

As part of Smart Irrigation Month, WaterSense provides the following tips to help landscape managers and homeowners maintain a beautiful landscape without wasting water.

#### 1. Water When Needed, As Needed

It's estimated that as much as 50 percent of landscape water use goes to waste due to evaporation, wind, or overwatering. If you have an in-ground irrigation system, set your timer to water in the early morning when winds are calm and temperatures are cool. If you don't have an automated system, remember to set your alarm! As you water, make sure to saturate the root zones and then let the soil dry. Watering too much and too frequently can result in shallow roots and disease.

#### 2. Give Your Watering Methods a Tune up

Whether you water with a conventional hose-fed sprinkler or an automatic system, make sure you position your sprinklers or sprinkler heads properly. Are you watering more pavement than lawn? Keep in mind that different areas of your landscape have different water needs. Watering with a hose-fed sprinkler will generally use less water than an automatic irrigation system. With an automatic system, you may be able to schedule individual "zones." To avoid unnecessary water loss, inspect your system monthly. Check for leaks, broken or clogged heads, or hire a professional to do a system check for you.

#### 3. Do More With Less

Consider using "micro-irrigation" for watering plant and garden beds, as well as trees and shrubs. Micro-irrigation includes drip, micro-spray jets, micro-sprinklers, or bubbler-style watering systems. Drip irrigation systems use 20 to 50 percent less water than conventional in-ground sprinkler systems by delivering a low volume of water slowly. This minimizes evaporation, runoff, and overspray.

#### 4. Hire an Expert

If you have an in-ground irrigation system or are planning to install one, hire a certified professional to install and maintain

your system for optimal water efficiency. Ask if your irrigation professional is a WaterSense partner. These professionals—certified through a WaterSense labeled program—can help you save water, time, and money. WaterSense currently labels certification programs for irrigation system auditors, designers, and installation and maintenance professionals. For a listing of WaterSense irrigation partners in your area, visit the directory of WaterSense irrigation partners.

#### 5. Look for "Smart" Technologies

Soil moisture sensors and weather-based controllers take the guesswork out of water-efficient irrigation. These devices automatically adjust your irrigation schedule based on soil moisture or weather conditions so your landscape gets only what it needs when it needs it. This can save a household up to 11,000 gallons of water annually, or more than 30 gallons per day! For a more inexpensive option, install a rain shutoff switch. Required by law in many states, this sensor will turn off your sprinklers in rainy weather and can be retrofitted to almost any system.

#### 6. Reduce Demand

Use native plants in your landscape—they require less care and water than ornamental varieties. Using native plants that are adapted to your climate and require less watering, can reduce outdoor water use by 20 to 50 percent. Additionally, using mulch around shrubs and garden plants can reduce evaporation from the soil surface and cut down on weed growth. To improve water efficiency in your lawn, aerate the lawn periodically to encourage the movement of water to the root zone. Also, raise your lawn mower cutting height—longer grass blades help shade each other, cut down on evaporation, and inhibit weed growth.

[http://www.epa.gov/watersense/sim/simple\\_steps.htm](http://www.epa.gov/watersense/sim/simple_steps.htm)

### WORD'S TO LIVE BY

"Our lives improve only when we take chances - and the first and most difficult risk we can take is to be honest with ourselves."

~ Walter Anderson

"The test of courage comes when we are in the minority. The test of tolerance comes when we are in the majority."

~ Ralph W. Sockman

### MORE INFO ABOUT SGV CAER

Interested in SGV CAER? For more information, please contact Robert Summers at (626) 334-2908 x104 or [rsummer@norac.com](mailto:rsummer@norac.com).



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