

San Gabriel Valley CAER

Community
Awareness &
Emergency
Response

NEWSLETTER

August 2007

Produced and edited by:
Robert Summers - Norac, Inc.

UPCOMING GENERAL MEETING

Business Disaster Planning and Recovery

When disaster strikes the well planned survive with minimal impact while those that don't will feel the pain. Disasters can strike at any time and may take one of several forms individually or collectively - power outages, floods, storms, earthquakes equipment failure, sabotage, terrorism and many more can contribute to a disruption of normal business operation.

Most of us recognize these as possibilities but are you prepared to ride it out with minimal or no loss of data and loss of business revenue and customer goodwill?

Planning makes the critical difference between successfully managing an incident within acceptable parameters or having a situation on hand that may take days, weeks or months to recover.

Featured Speaker: Chris Wright

Mr. Wright will be speaking on behalf of the Business and Industry Council for Emergency Planning and Preparedness (BICEPP).

Mr. Wright's presentation is entitled "Staying Open for Business after Disasters" and will provide highlights of the key planning issues all businesses should ensure are addressed in their disaster plans.

Mr. Wright has over 20 years experience in emergency management. He is a past President and current member of the BICEPP Board of Directors.

Please join San Gabriel Valley CAER on **Tuesday August 21, 2007** for a general membership presentation on Business Disaster Planning and Recovery. General meetings are open to all interested parties.

Date: Tuesday, August 21, 2007
Location: Irwindale Community Center
Address: 16102 Arrow Highway
Irwindale, CA 91706
Time: 11:30 AM
Lunch: Will be provided (Canyon City Barbeque)

Please RSVP to Robert Summers, SGV CAER President
(RSummers@Norac.com or (626) 334-2908).

SPACE IS LIMITED AND WILL BE RESERVED BASED ON RECEIPT OF RSVP!

SUMMARY OF LAST GENERAL MEETING

On February 22, SGV CAER hosted a "hands on" fire extinguisher training class. The class was taught by of Marx Brothers and held at the Veolia Environmental Solutions facility

in Azusa. Basic information on types of fires and proper fire extinguisher use was provided. Once the informational session had been completed, all participants then took turns at putting out a real fire. Training certificates were handed out to all participants.

Many thanks to Veolia, Marx Brothers, and the weather for their cooperation in this event.

UPCOMING BOARD MEETING

San Gabriel Valley CAER will be holding its next board meeting at Veolia Environmental Services in Azusa on Thursday August 9 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 or (626) 334-2908).

LACSD SURCHARGE REPORTS

State and Federal programs require that industrial companies discharging to publicly owned sewerage systems should pay their fair share of wastewater treatment costs. The Sanitation Districts adopted a Wastewater ordinance effective April 1, 1972 and as last amended effective July 1, 1998, to implement such a program. The Ordinance provides a method whereby industrial companies within the district can calculate, based upon their own measurements, what the annual wastewater surcharge payments to the Districts must be.

In general, all industrial companies having a wastewater discharge to the sewerage system of over one (1) million gallons during the fiscal year must file a Sanitation Districts' Wastewater Treatment Surcharge Statement. Statements can be filed by using either the "Short Form" or "Long Form" depending on certain criteria. The statement filing date is August 15, 2007.

For more information, contact the Sanitation Districts Of Los Angeles County at 1-562-908-4864 or check out their web site at www.lacsd.org.

SAFETY INFORMATION

Work and play: Summer can be hazardous to your health!

Who doesn't look forward to the summer months! There's camping, boating, swimming, yard work, and for many people, working in extreme heat. Whether its work or play, if you're outside, you need to protect yourself from excessive sun and heat, stinging and biting insects, and poisonous plants.

Too much sun

Sunlight contains ultraviolet radiation, which causes premature aging of the skin, cataracts, and skin cancer. Block those rays by:

- Wearing a loose-fitting, long-sleeved shirt, long pants, and a hat.

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- Using sunscreen with at least a 30 SPF.
- Wearing UV-absorbent sunglasses.
- Limiting exposure between 10 a.m. and 4 p.m. when UV rays are most intense.

Beat the heat

The combination of heat and humidity can be a serious health threat. So, take precautions by:

- Drinking small amounts of water frequently.
- Wearing light-colored, breathable clothing.
- Taking frequent short rest breaks.
- Eating smaller meals before work activity.

Nasty ticks

Lyme disease is transmitted to people by bacteria from bites of infected deer ticks. Signs of infection include a "bulls-eye" rash and flu-like symptoms such as fever, neck stiffness, fatigue, headaches, joint and muscle aches. Protect yourself from ticks by:

- Wearing long sleeves, high boots, and tucking pant legs into socks or boots.
- Using tick repellants.
- Showering after work and examining your body for ticks.

Infected mosquitoes

West Nile virus is transmitted by the bite of an infected mosquito. Mild symptoms include fever, headache, and body aches, a skin rash, and swollen lymph glands. Protect yourself from mosquito bites by:

- Applying insect repellent with DEET to exposed skin.
- Spraying clothing with repellents containing DEET or permethrin.
- Wearing long sleeves, long pants, and socks.

Poisonous plants

Poison ivy, oak, and sumac have poisonous sap in their roots, stems, leaves, and fruits. The sap may be deposited on the skin by direct contact with the plant or by contact with contaminated objects, such as clothing, shoes, and tools. Protect yourself from poisonous plants by:

- Wearing long-sleeved shirts, long pants tucked into boots, and gloves.
- Applying barrier creams to exposed skin.
- Learning to identify poison ivy, oak, and sumac plants and the signs and symptoms of exposure.

Make the extra effort to protect yourself, your family, and your coworkers. Don't let exposure to sun, heat, stinging and biting insects, or poisonous plants spoil your summer fun.

From Ideas Of The Week.
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ENVIRONMENTAL INFORMATION

Summer Gas-saving Tips

The following easy-to-adopt tips, courtesy of Goodyear Tire & Rubber Co., will help you save gas this summer.

Pressure Check: Check your tire pressure at least once a month. Many drivers can improve their gas mileage by more than 3 percent simply by keeping their tires properly inflated. The correct tire inflation pressure is critical for good fuel economy, maximum tire life and proper vehicle handling performance. The recommended pressure number for your vehicle is located on a sticker inside the driver side door or in the owner's manual, not the maximum inflation pressure stamped on the tire.

Filter That Air: Check that your air filter isn't clogged. Replacing a clogged air filter can improve a car's gas mileage by as much as 10 percent. And it won't just save you money; it will also help protect your engine by keeping harmful impurities out.

Watch The Weight: As you prepare to pack the car for your journeys, remember not to overload your car. Check the owner's manual for the maximum recommended load for the vehicle. An extra 100 pounds in the trunk reduces a typical car's fuel economy by 1 percent to 2 percent. (Source: U.S. Department of Energy).

Know Your Oil: Use the grade of motor oil recommended by the vehicle manufacturer. The proper grade of motor oil can improve your gas mileage by 1 percent to 2 percent. (Source: U.S. Department of Energy)

Tuning In: Before taking that long trip, visit a trusted professional and make sure your car is properly tuned. Depending on the kind of repair and how well it is performed, regular vehicle maintenance can improve gas mileage by an average of 4 percent. (Source: U.S. Department of Energy)

Cap It: Make sure your gas cap is on tight and is not damaged. Approximately 17 percent of the vehicles on U.S. highways have either misused or missing gas caps, causing 147,000,000 gallons of gas per year to vaporize into the atmosphere. (Source: September 2004 *Service Tech Magazine*).

Ease Up: Avoid quick or "jackrabbit" starts and stops. Aggressive driving wastes gas and can reduce your gas mileage by 33 percent on the highway and 5 percent in the city. Observe the speed limit; gas mileage decreases rapidly above 60 miles per hour.

From Environmental Protection - News and Trends

WORD'S TO LIVE BY

"I wanted you to see what real courage is, instead of getting the idea that courage is a man with a gun in his hand. It's when you know you're licked before you begin but you begin anyway and you see it through no matter what."

- Harper Lee, (To Kill a Mockingbird, 1960)

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.