

EMA News & Views



County of Lycoming Emergency Management Agency

Volume 21, Issue 4

Winter 2021

COUNTY OF LYCOMING EMA QUARTERLY TRAINING

(Emergency Management Coordinators serving the municipalities of Lycoming County)

The next County of Lycoming EMA Quarterly Training will be held on:

THURSDAY - December 16, 2021 7:00 p.m.

at

**Lycoming County Department of Public Safety
542 County Farm Road
Montoursville, PA 17754**

Topic: Municipal Emergency Operations Plan

MEETING TOPIC DETAILS

THE MUNICIPAL EMERGENCY OPERATIONS PLAN

PRESENTER: Kelle Robinson,
Lycoming County EMC

December's training will be focused on your Municipal Emergency Operations Plan (EOP). What is an EOP? Why do you need one? What should be in an EOP? How often does it need to be updated? We will go over the 3 parts to every EOP: the Basic Plan, the Notification & Resource Manual, and the Functional Checklists. We will also discuss PEMA Directive 2018-01: Requirements for the Preparation, Review, and Update of County & Municipal Emergency Operations Plans and Accompanying Documents, and what that means to your plan. Please bring a copy of your municipal plan to review during the training.

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NOTES FROM THE EMC

From all of us here at the Lycoming County EMA office, we would like to thank each of you for your dedication and efforts to the residents of your municipalities over the past year. With several high water events, severe thunderstorms, brush fires, power outages, and, of course, the COVID-19 pandemic, emergency services were tested again at all levels in 2021.

Many of your local governments have newly elected officials. So now is a great time to introduce yourself and your role of the EMC. Our office will be hosting an Elected Officials Seminar in early 2022 for new (and existing) municipal officials. Please pass on training information to them and encourage their participation.

2022 will see the return of PEMA's Spring Weather exercise on April 5th and the SSES Bi-Annual Exercise on October 18th & 19th. Anyone who is interested in participating in either of these exercises please reach out to our office. We look forward to getting back into more trainings & exercises in the year to come. Our EMA class schedule is out for early 2022, so please register for the classes that you need for your certifications. If you have questions about which classes you need, please contact Paula Young.

Again, thank you for all that you do, and have a wonderful holiday season!!

Kelle



Planning is Vital before the DAM Breaks

With the recent possible DAM failure in Penn Township, it is important to update local Emergency Operations Plans (EOP) and Notification & Resource Manuals (NARM).

On October 4, 2021, the Lycoming County 9-1-1 Center received a call that the Beaver Lake Dam, located in Penn Township, was possibly compromised by the large amount of rain we had received. Water was reported to be overflowing the dam tearing apart the yard and the backfill. With this report, the EMA office was in contact with the Dam Operator and the fire department was dispatched. While the EMA office was waiting on someone to get eyes on the dam, Penn Township's EMC, Bryan Boyer, was also notified. When Chief 1-27 arrived on the scene, he found the dam was not jeopardized but an exorbitant amount of water was flowing around the dam. With the Dam Operator now on scene, the gates were opened to allow more water to flow through the dam and not around it.

In Pennsylvania, all incidents begin and end at the local level. It is vital that plans and contact information are up to date. You never know when the next major incident maybe in your municipality. Please reach out the Carla Miller, cmiller@lyco.org, in the EMA office to assist with updating your plans.





Snow Squall FAQ

Created by the National Weather Service in State College, PA



THERE IS NO SAFE PLACE ON A HIGHWAY DURING A SNOW SQUALL

What is a snow squall?

- A brief but intense period of heavy snow (up to 2 inches in 30 minutes), strong winds (30+ mph), and whiteout conditions (visibility less than ¼ mile).

What are the impacts associated with snow squalls?

- Quick reductions in visibility and sudden slick conditions on roadways.
- Can cause roads to turn into a sheet of ice in just a few minutes, even if the roads only appear wet beforehand.
- Stopping distances on an icy roadway are multiplied by x10.
- High-speed wrecks, pileups, and subsequent injuries and fatalities.



When do snow squalls occur?

- They typically occur during the daytime hours, they can occur at any time of day.
- Like summertime thunderstorms, they can happen on days with partly cloudy skies.
- They are often associated with strong cold fronts and generally last less than 1 hour.
- They are most common between November and March.

What is a snow squall warning?

- Issued for areas that will be impacted by snow squalls
- Similar to a tornado or severe thunderstorm warning
- Will trigger an alert on your cell phone



If a snow squall warning is issued, what should I do?

- Avoid or delay motor travel until the squall passes through your location.



What if I am already driving when a snow squall warning is issued?

- Safely exit the road at the next opportunity.

What if I cannot exit the road in time and am approaching a snow squall?

- Avoid slamming on your brakes.
- Turn on your headlights and hazard lights.
- Stay in your lane.
- Increase your following distance.



Where can I check road conditions?

- Download the 511PA App for [Apple](#) or [Android](#) or visit 511pa.com for free.
- Get traffic conditions, traffic speeds, live traffic camera images, highway construction updates, and weather conditions & alerts.

For more information, visit www.weather.gov/ctp/snowsquall

Created in
collaboration with:



Last Updated:
November 2021

Hello Everyone in the EMA world!

We at West Branch EMA are still up and going even though we have been held down a slight bit by the Pandemic and a few other situations but we are up to snuff now and marching forward.

We did do a fund raising event in October at the Jersey Shore Pumpkin Roll event. We had fun and served lunches to the participants and their families.



We are looking to reach out and do some educational events within the municipalities for the residents we serve in 2022. We will announce them as we get them planned and anyone who wishes to come join us with additional information that may help our residents feel free to contact us and we will make you part of our program.



We would like to wish everyone a MERRY CHRISTMAS and a HAPPY NEW YEAR and hope to see you all in person more in 2022. Stay safe!



Congratulations to Denny Buttorff for 20 years of service to Porter Township. He was appointed on November 29, 2001.

Healthy Holiday Survival Guide

The holidays don't have to derail your healthy habits and wellness journey. Use these tips to help you stay on track while enjoying the holidays!

Eat Slowly.

Savor the flavor and enjoy conversations! Eating slowly is a simple way to *consume less calories*. Also, setting down your fork or spoon between each bite is an easy way to eat more slowly.

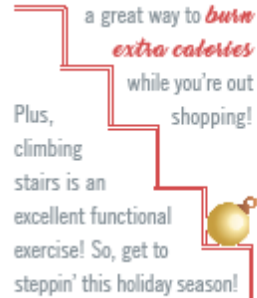


Don't Stress.

It's easy to feel stressed during the holidays. *Focus on the positive*, and take some time to have fun and **r • e • l • a • x**

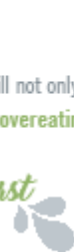
Take the Stairs.

Skip the elevator and escalator and, instead, take the stairs! Climbing stairs is a great way to *burn extra calories* while you're out shopping! Plus, climbing stairs is an excellent functional exercise! So, get to steppin' this holiday season!



Drink Some Water.

Drinking water before your holiday feast will not only keep you hydrated, but help keep you from *overeating*. It's also a great way to curb snacking – *people often confuse thirst for hunger pangs!*



Beware Liquid Calories.

Alcohol, eggnog, soda and lattes taste great and go down easy, but carry A LOT of calories. Opt for *smaller sizes* and *limit how much* you consume.



Call in a Sub.

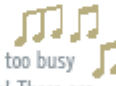
There are many **easy recipe substitutions** that can health-ify your holiday recipes without sacrificing flavor!

- Use **unsweetened applesauce** instead of oil when baking.
- Use **1% or 2% milk** instead of whole milk.
- Use **whole wheat flour** for 1/3 or 1/2 what the recipe calls for.
- Use **extra virgin olive oil** instead of butter in savory recipes.
- Use **low-fat ground turkey** instead of ground beef.
- Use **low-fat plain yogurt** in place of sour cream.
- Cut the amount of salt in half, and use herbs for flavor.



Don't Forget to Workout.

Try your best to step away from the "I'm too busy to workout" mindset during the holidays! There are simple and fun exercises you can do right in the comfort of your own home. All you need is your body, a little space to move and some holiday tunes!



The 12 Days of Christmas Workout

Start with 1, then 1, 2, then 1, 2, 3... adding on until you've completed all 12 exercises!

1. **5** Burpees (with or without the jumps)
2. **5** Push-Ups (knees or toes)
3. **10** Squat Jumps (or regular squats)
4. **5** Supermans (alt. option: Bird-Dogs)
5. **5** Leg Lifts (alt. option: Dead Bugs)
6. **30-sec.** Mountain Climbers
7. **10** Sit-Ups (or crunches)
8. **30-sec.** Plank (option to add a heel raise)
9. **10** Glute Bridges
10. **20** Alternating Lunges (10 each leg)
11. **20** Jumping Jacks
12. **20** High Knees



Wash Your Hands.

It's hard to enjoy the holidays when you're sick. Make it a habit to **wash your hands** regularly with soap and warm water, and avoid touching your face to help prevent infecting yourself with germs. Oh, cover your mouth when you sneeze.



Do Something for Others.

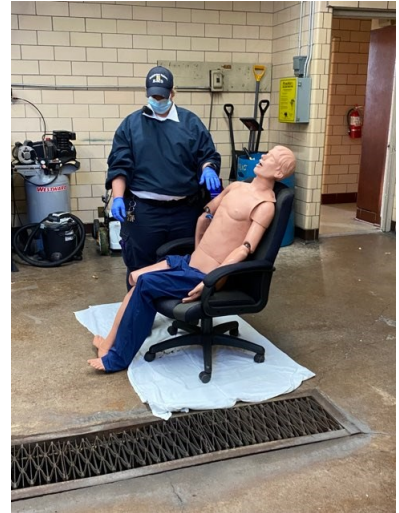
The holidays can be a tough time for people for a variety of reasons. But it's also a great time to *give a little back* and do something to *brighten someone else's day*. Plus, it can also be really therapeutic. So, get in the spirit of the season and spread some holiday cheer!



Brought to you by The CSU Rec Center

Emergency Medical Personnel Participate in MS-1 Exercise

On November 4, 2021 at 9:00am, UPMC Susquehanna and Susquehanna Regional EMS staff participated in the annual MS-1 Exercise (Medical Services Exercise). This exercise received an exemption last year due to COVID-19 restrictions. Back on track this year, the MS-1 Exercise was evaluated by officials from both the Federal Emergency Management Agency (FEMA) and the Pennsylvania Emergency Agency (PEMA), with assistance from Talen Energy Staff. This exercise is required to allow the medical center to maintain its designation as a resource hospital to receive radiologically contaminated/injured personnel from a Berwick Nuclear Power Facility based incident.



This year added some modifications to the performance of the exercise but according to the evaluator report from FEMA, everyone did a great job and the exercise was deemed highly successful and educational. This is contributed to the dedication and skill level of all those involved in this radiological exercise.



Are you ReadyPA? TIP SHEET

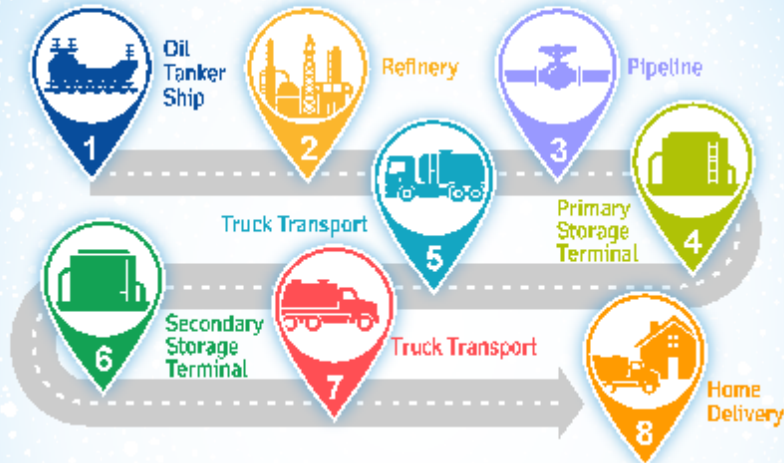


For a warm, safe winter **Check Your Tank Regularly, Call for Delivery Early**

Over 2.5 million Pennsylvania households rely on oil or propane for heat.

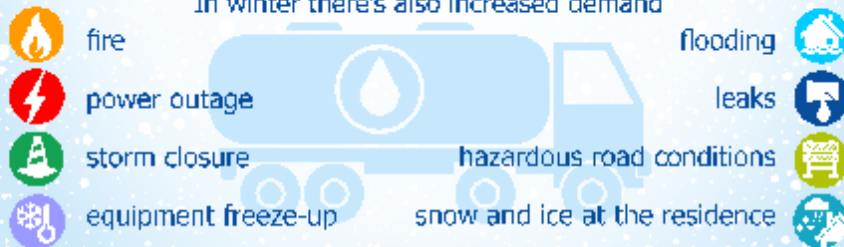
Did you know?

An oil or propane delivery typically travels many miles:

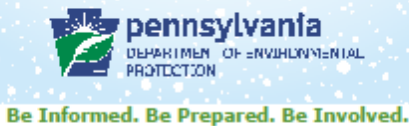


Factors that can slow delivery:

Not typical, but risk can increase in extreme weather
In winter there's also increased demand



**Avoid emergencies and higher fill-up costs:
Check your tank regularly and call for delivery early!**



TRAINING OPPORTUNITIES

Classes listed below with an (*) are required for one or more of the certification levels for municipal Emergency Management Coordinators. Attendees must register on-line or through the County EMA office.

Emergency Planning (G235)

December 11, 12, 2021 0830-1630
Classes held at Lycoming County Department of Public Safety
Registration deadline: December 1, 2021

Incident Safety Officer

December 14, 16, 2021 1800-2200
December 19, 2021 0800-1600
Classes held at Independent Hose Company (Jersey Shore)
Registration deadline: December 4, 2021

ICS-400 Incident Command System

January 15, 16, 2022 0800-1600
Classes held at Penn State Extension, Bloomsburg
Registration Deadline:

Strategy and Tactics Command Officer

January 18, 20, 2022 1800-2200
January 23, 2022 0800-1600
Classes held at Independent Hose Company (Jersey Shore)
Registration deadline: January 8, 2022

Emergency Management Seminar for Elected Officials

January 19, 2022 1830-2030
Class held at Lycoming County Department of Public Safety
Registration deadline: January 9, 2022

Duties and Responsibilities of the EMC*

January 20, 2022 1830-2030
Class held at Lycoming County Department of Public Safety
Registration deadline: January 10, 2022

Fire Dynamics Fundamentals

February 15, 2022 1800-2100
Classes held at Independent Hose Company (Jersey Shore)
Registration deadline: February 5, 2022

Duties and Responsibilities of the EMC*

February 15, 2022 1830-2030
Class held at Lycoming County Department of Public Safety
Registration deadline: February 5, 2022

Initial Damage Reporting*

March 1, 2022 1830-2030
Class held at Lycoming County Department of Public Safety
Registration deadline: February 19, 2022



Additional Online Training Resources:

[PEMA Training and Exercises](#)

[TRAIN PA](#)

[FEMA Emergency Management Institute](#)

EMA training questions can be directed to Paula Young.

Paula Young
Lycoming County Department of Public Safety
Phone: 570-433-4461
Email: PYoung@lyco.org

2021 QUARTERLY TRAINING

December 16 7:00 pm Thursday County EMA Office

2022 QUARTERLY TRAINING

March 24 6:30 pm Thursday EMA Banquet

June 23 7:00 pm Thursday County EMA Office

September 22 7:00 pm Thursday County EMA Office

December 8 7:00 pm Thursday County EMA Office

WE WANT TO HEAR FROM YOU

Please tell us what you would like to see in the next EMA News & Views. We want to print your stories and issues important to you.

COUNTY EMA STAFF

Your County EMA staff is proud to serve you and will always welcome your comments and suggestions to promote a better EMA community. Please contact us any time.

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