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## CITIZENS CORPS COUNCIL MEETING

As we reported in our last newsletter, CERT of Clinton will be hosting the monthly meeting of the Citizens Corps Council on Friday, February 10, 2012 at 10:00 AM at PGPD District V.

We will need members to help set up the multi-purpose room at 9:30 AM. If you can help please contact Barry Schlossberg at 240-581-0088 or email: [bjschloss@yahoo.com](mailto:bjschloss@yahoo.com).



We would like to have a good showing of CERT of Clinton members so even if you cannot help with set-up please, try to attend the meeting.

## CERT BASIC TRAINING CLASS

The next CERT Basic Training Class is scheduled from Feb 16 – April 1, 2012. It will be one evening class per week for a total of 7 weeks. The first will be held at the Maryland Fire and Rescue Institute, 4500 Paint Branch Parkway, College Park, MD. The other six will take place at the City of Hyattsville 4310 Gallatin Street, Hyattsville, MD. Visit [www.laurel.md.us](http://www.laurel.md.us) for class schedule.



### For more information contact:

- Terry Thompson, Emergency Operations Specialist, City of Laurel (301)-725-5300 ext. 2207, E-mail: [tthompson@laurel.md.us](mailto:tthompson@laurel.md.us)
- Calvin Hawkins, Office of Homeland Security, Prince George's County CERT, (301)-883-3300, E-mail: [CSHawkins@co.pg.md.us](mailto:CSHawkins@co.pg.md.us)

## IT'S NEVER TO EARLY!!!!

More details will be announced as we get closer but please mark your calendar for Saturday, May 12, 2012 from 10 AM to 5 PM for Marlborough Day.

CERT of Clinton will again be working with the Citizens Police Academy Alumni Assoc, PGPD District II officers and Explorers for this annual event. Since this is an all day event there will be morning, afternoon and all day assignments.

Please watch this newsletter for updates. Barry Schlossberg will be the liaison to the Marlborough Day Planning Committee.

## SAFETY VIDEOS

Winter safety tips - on the road  
<http://www.youtube.com/watch?v=GAG6LPXUfAc>  
How to drive safely in winter  
<http://www.youtube.com/watch?v=EAi0fes4OC4&feature=related>



## NEXT MONTHLY MEETING

CERT Monthly Meeting - February 18, 2012, 9:00-10:30 am at the District V Police Station, 6707 Groveton Dr., Clinton, MD

## SUICIDE PREVENTION: WARNING SIGNS & RISK FACTORS

### Warning Signs:

When someone presents with any combination of the following, the buddy, friends or family members should be more vigilant. It is advised that help should be secured for the individual.

- Talk of suicide or killing someone else
- Giving away property or disregard for what happens to one's property
- Withdrawal from friends and activities
- Problems with girlfriend (boyfriend) or spouse
- Acting bizarre or unusual (based on your knowledge of the person)
- People in trouble for misconduct (Multiple Traffic violations, etc.)
- People experiencing financial problems
- People who have lost their jobs
- Those people leaving their jobs (retirements, moving, etc.)

When a person presents with any one of these concerns, a helping provider should see the person immediately

- Talking or hinting about suicide
- Formulating a plan to include acquiring the means to kill oneself
- Having a desire to die
- Obsession with death (music, poetry, artwork)
- Themes of death in letters and notes
- Finalizing personal affairs
- Giving away personal possessions



### Risk Factors:

Risk factors are those things that increase the probability that difficulties could result in serious adverse behavioral or physical health. The risk factors only raise the risk of an individual being suicidal it does not mean they are suicidal.

The risk factors often associated with suicidal behavior include:

- Relationship problems (loss of girlfriend/boyfriend, divorce. etc.)
- History of previous suicide attempts
- Substance abuse
- History of depression or other mental illness
- Family history of suicide or violence
- Work related problems
- Transitions (retirement, moving, etc.)
- A serious medical problem
- Significant loss (death of loved ones, natural disasters, etc.)
- Current/pending disciplinary or legal action
- Setbacks (academic, career, or personal)
- Severe, prolonged, and/or perceived unmanageable stress
- A sense of powerlessness, helplessness, and/or hopelessness

### Suicidal Risk Highest When:

- The person sees no way out and fears things may get worse
- The predominant emotions are hopelessness and helplessness
- Thinking is constricted with a tendency to perceive his or her situation as all bad
- Judgment is impaired by use of alcohol or other substances





## WINTER PREPAREDNESS

### Knowing the Terms:

**Freezing Rain** - Rain that falls when surface temperatures are below freezing, and freezes upon impact with any object they encounter.

**Sleet** - Rain that turns to ice pellets before reaching the ground. Sleet also causes moisture on roads to freeze and become slippery.

**Winter Storm Watch** - A winter storm is possible in your area. Tune in to NOAA Weather Radio, commercial radio, or television for more information.

**Winter Storm Warning** - A winter storm is occurring or will soon occur in your area.



### Plan travel and check the latest weather reports to avoid the storm

- Check and winterize your vehicle fully before the winter season begins
- Keep blankets/sleeping bags, flashlight with extra batteries and try not to travel alone
- Maintain a First-aid kit, knife, high calorie, non-perishable food and extra clothing to keep dry
- Carry in your car's trunk a sack of sand or cat litter, shovel, windshield scraper with brush, tool kit and a tow rope
- Keep your gas tank near full to avoid ice in the tank and fuel lines

### Vehicle Care Tips

- Be sure to clear all snow off of vehicle before travel
- Refer to the vehicle's manual to see if lighter grade oil is recommended for winter driving
- Check tire tread and wear – minimum tread is 1/16" for adequate traction
- Make sure brakes are in proper working order
- Keep spare all-weather windshield washer fluid in the trunk and make sure the washer blades are in good working condition
- Keep windshield wipers up off of the windshield at night to prevent freezing

### Recommended Winter Attire

- Wear loose fitting, lightweight, warm clothing in several layers. Layers can be removed to avoid perspiration and subsequent chill
- Wear outer garments that are tightly woven, water repellent and hooded
- Wear a hat (half of body heat is lost through the top of the head)
- Wear mittens that are snug at the wrist for better protection.
- Cover your mouth and nose to help protect lungs from cold air
- Attempt to keep your feet as dry as possible; wear wool socks

## MEMBERSHIP ROSTER

Do we have your correct information? In order to keep in contact with you we want to make sure our roster is current. At our next meeting please ensure your address, telephone number and e-mail is updated. If you are unable to attend please contact Adán Caraballo at [accr1961@comcast.net](mailto:accr1961@comcast.net) with this information.

## PRINCE GEORGE'S COUNTY LAUNCHES EMERGENCY ALERT NOTIFICATION SYSTEM

The Prince George's County Office of Emergency Management (OEM) now offers citizens the opportunity to receive alerts and emergency notifications by e-mail, text messaging or pages by registering at the website, <https://notifyme.princegeorgescountymd.gov>

NotifyMe Prince George's is a service provided to alert registered users during major events and/or local emergencies. It will connect individuals, families, businesses and communities with critical real-time information and instructions for a variety of (emergency related) preparedness, response and recovery situations.



Although signing-up for NotifyMe Prince George's is voluntary, everyone is encouraged to register. Emergency situations come in all sizes and can range from power outages, to floods, to earthquakes. This alerting notification system can reach various populations within the County, with specific up-to-minute messages on what to do and what actions to take. Being prepared is in the best interest of everyone.

For more information, contact the Office of Emergency Management at 301-883-3300 or the web site at <http://www.capitalregionupdates.gov>

## CERT INFO WEB SITE LINKS

- CERT of Clinton Calendar  
<http://www.localendar.com/public/ClintonCERT>
- Citizens Corps / CERT  
<https://www.citizencorps.gov/cert/>
- FEMA Web Site  
<http://www.fema.gov/>
- Department of Homeland Security  
<http://www.dhs.gov/index.shtm>
- Ready Web Site  
<http://www.ready.gov/>



## FAMOUS QUOTES

Accidents, and particularly street and highway accidents, do not happen - they are caused. ~ **Ernest Greenwood**  
Prepare and prevent, don't repair and repent.  
~ **Author Unknown**  
Chance takers are accident makers. ~ **Author Unknown**

## YOUR NEWSLETTER

This newsletter is "YOUR" publication. If you have any Important information or articles that you would like to communicate to the membership please send it to Adán Caraballo at [accr1961@comcast.net](mailto:accr1961@comcast.net). We would like to get your suggestions/feedback to improve this newsletter.

