



## Welcome to Our New Health Director

Dr. David Compton started as the Rappahannock-Rapidan Health Director on May 1, 2007. He is board certified in preventive medicine with a subspecialty in occupational health. Dr. Compton earned a Doctor of Medicine, Master of Science, and Bachelor of Science at Virginia Commonwealth University as well as a Master's of Public Health from Johns Hopkins University. In addition, he earned certificates in Environmental Law from the Institute for Applied Management and Law and a certificate in the Business of Medicine at the University of South Florida.

Dr. Compton brings a wealth of experience to the Rappahannock-Rapidan Health District. He served as Chief of Preventive and Occupational Medicine at Fort McClellan in Anniston, Alabama, acted as Medical

Consultant to the United States Army Chemical School and served as Occupational Health Staff Officer for the Army Surgeon General. He also has special training in the medical management of chemical casualties, medical planning and care in radiation accidents, toxic agent assessment, and decontamination.

Following military service, Dr. Compton worked as Director of Occupations Medicine for HEALTHSOUTH and joined Phillip Morris USA in 1995. As Senior Director for Occupational Health, Safety, and Employee Services, Dr. Compton developed numerous innovative programs to improve the health and safety of the worksite. He has also served as Associate Professor of Preventive Medicine and Community Health at the Medical College of Virginia since 1993.



**Dr. David Compton**

## Stormy Weather

The hurricane season is here! Thunder storms appear several times a week! Do you know what the different terms used during storms mean? Do you know what to do if a storm suddenly appears—if your electricity goes out?

**Thunderstorms:** **Lightning** is usually the most dangerous and frequently encountered weather hazard that people experience each year," said John Jensenius, warning coordination meteorologist with the National Weather Service. "Often people wait too long before seeking safe shelter from a thunderstorm and find themselves caught outside in a very dangerous and sometimes "deadly situation."



**"When Thunder Roars, Go Indoors."** This is the 2007 campaign slogan, for television public service announcements, created by NOAA's Lightning Safety Awareness Team to educate children about the dangers of lightning. The PSA introduces the mascot, "Leon the Lightning Lion," a cartoon character designed to spread lightning safety and preparedness messages to the public.

Leon's simple message, "When Thunder Roars, Go Indoors," could save a life. Leon explains that lightning can cause injury even before it starts to rain. As soon as you hear thunder:

- ⇒ Head for a house, school or large building.
- ⇒ If caught outdoors, get in a car, truck or bus, but **NEVER** under a tree.
- ⇒ Stay off telephones, computers and video games.
- ⇒ If the electricity goes off for more than four hours **DO NOT eat the food in your refrigerator. Throw it out!**

**Tropical Depression:** A tropical cyclone with closed circulation in which the maximum sustained wind speed is 38 mph.

**Tropical Storm:** A tropical cyclone in which the maximum sustained surface wind speed ranges from 39 mph to 73 mph. The convection in tropical storms is usually more concentrated near the center with outer rainfall organizing into distinct bands.

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**Hurricanes:** Experts at the NOAA Climate Prediction Center are projecting a 75 percent chance that the Atlantic Hurricane Season will be above normal this year-showing the ongoing active hurricane era remains strong. With the hurricane season upon us, NOAA recommends those in hurricane-prone regions begin their preparation plans.



The Atlantic hurricane season runs from June 1 through November 30, with peak activity occurring August through October. The NOAA Climate Prediction Center will issue an updated seasonal forecast in August just prior to the historical peak of the season.

Hurricane Category	Winds/ Damage Level	Description
1	74-95 mph Minimal	No real damage to building structures. Damage primarily to unanchored mobile homes, shrubbery, and trees. Some damage to poorly constructed signs. Also, some road flooding. <b>Is your evacuation plan ready? Is your 72 hour GO-Bag ready?</b>
2	96-110 mph Moderate	Some roofing material, door, and window damage to buildings. Considerable damage to shrubbery and trees with some trees blown down. Considerable damage to mobile homes, poorly constructed signs, and piers. Low-lying escape routes flood 2-4 hours before arrival of the hurricane center. Small craft in unprotected anchorages break moorings. <b>Do you know where your evacuation shelters are? Have you shut off your gas and electricity? Have you notified your out-of state contact you are leaving?</b>
3	111-130 mph <b>Extensive</b>	Some structural damage to small residences and utility buildings with a minor amount of curtain wall failures. Damage to shrubbery and trees with foliage blown off trees and large trees blown down. Mobile homes and poorly constructed signs are destroyed. Low-lying escape routes are cut by rising water 3-5 hours before arrival of the center of the hurricane. Flooding near the coast destroys smaller structures with larger structures damaged by battering from floating debris. Terrain continuously lower than 5 ft above mean sea level may be flooded inland 8 miles (13 km) or more. <b>Evacuation</b> of low-lying residences within several blocks of the shoreline may be required.
4	131-155 mph <b>Extreme</b>	More extensive curtain wall failures with some complete roof structure failures on small residences. Shrubs, trees, and all signs are blown down. Complete destruction of mobile homes. Extensive damage to doors and windows. Low-lying escape routes may be cut by rising water 3-5 hours before arrival of the center of the hurricane. Major damage to lower floors of structures near the shore. Terrain lower than 10 ft above sea level may be flooded requiring massive evacuation of residential areas as far inland as 6 miles (10 km).
5	> 155 mph <b>Catastrophic</b>	Complete roof failure on many residences and industrial buildings. Some complete building failures with small utility buildings blown over or away. All shrubs, trees, and signs blown down. Complete destruction of mobile homes. Severe and extensive window and door damage. Low-lying escape routes are cut by rising water 3-5 hours before arrival of the center of the hurricane. Major damage to lower floors of all structures located less than 15 ft above sea level

### QUIZ

1. What is the most dangerous and frequently encountered weather hazard?
2. What is the new slogan to teach your children and yourself?
3. How long does the electricity have to be off before you throw out the food in your refrigerator ?

### Keep Us Informed!

New:	Home address	Phone number
	Email address	
Updated:	Professional license	Drivers license
	CPR card	First Aid card
Received:	Certificates	

# Wow! February 15—July 15 Wow!

- 10 volunteers joined the RRMRC.
- 5 volunteers attended orientation.
- 75 volunteers attended training.
- **Carole and Michael Roddy** provided information on Pandemic Flu and All-Hazards Preparedness for the Orange TRIAD Fair.
- **Leigh Purdum, Kimberly Johnson-Smith, and Cass Gonzalez** assisted in the office.
- **Tom Achter** presented a Real Life Incident Command System Overview.
- **Richard Vento** taught Biologic Agents: Category A.
- **57 RRMRC volunteers** participated in the Smallpox Drill

## Awards Presented

⇒ The following volunteers attended **4** trainings, drills, or events and earned a **Medical Reserve Corps pin**.

**Faye Berkemeyer**  
**Rose Bowman**  
**Kathleen Bradie**  
**Richard Bradie**  
**Susan Frech**  
**Benda Notokoesoemo**



**Lindsay Purdum**  
**David Schwab**  
**Kathleen Seeber**  
**Kathleen Walsh**  
**Marshall Wallace**  
**Michael Watts**

⇒ The following volunteers attended **8** trainings, drills, or events and earned a **RRMRC Flashlight**.

**Elaine Anderson**  
**Susan Frech**  
**Nancy Hicks**  
**Patricia Higgins**  
**April Markgraf**  
**Donald McCormack**



**Carole Nowak**  
**Michael Roddy**  
**Ralph Rossi**  
**Judith Tolhurst**  
**Jerry Wood**  
**Karen Woods**

⇒ The following volunteers attended **12** trainings, drills, or events and earned a **RRMRC First Aid Kit**.

**Elaine Anderson**  
**Valarie Diamond**  
**Patricia Higgins**  
**Barbara Klagges**



**Leigh Purdum**  
**Martha Neff-Smith**  
**Carole Roddy**  
**Kimberly Johnson-Smith**

## Honor Roll

(Attended **25 or more** trainings, drills, or events)



**Ellen Berg**  
**Kim Johnson-Smith**  
**Richard Vento**



## Forging Powerful Partnerships: The 2007 MRC National Leadership and Training Conference

More than 500 MRC leaders and coordinators from across the country attended the 5th annual National MRC Leadership and Training Conference in Providence RI April 17-20.

During the keynote address, Acting Surgeon General Rear Admiral Kenneth Moritsugu, M.D., M.P.H said “He admires the dedication and commitment of the Medical Reserve Corps Volunteers. The Medical Reserve Corps are civilian volunteers who are trained, prepared, and ready to deploy. They are making the nation a safer and healthier place community by community.”

Other keynote speakers were: The Assistant Secretary for Health Admiral John O. Agwunobi, M.D., M.P.H, and Rajeev Venkayya, M.D., special assistant to the president for biological defense policy.

The 4 day conference offered the attendees an opportunity to share resources, best practices and lessons learned. They also gained a greater knowledge and a better understanding of public health and emergency preparedness issues from experts in these fields including: volunteer management, training, communications, sustainability, public and disaster behavioral health, and building partnerships.

## Classes You Can Take On-line

FEMA [training.fema.gov](http://training.fema.gov)

⇒ IS - 100      IS - 200      IS - 700

Johns Hopkins <http://distance.jhsph.edu/trams/>

⇒ Psychological First Aid

Remember to send a copy of your certificate to the office when you complete a class.

### Answers to Quiz on Page 2

- Question 1 *Lightning*  
 Question 2 *When Thunder Roars, Go Indoors!*  
 Question 3 *4 hours*

## Contact Information

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### DATES TO REMEMBER

Tuesday, August 28	7:00-9:00 pm
Training Topic: Response to Terrorism	
Thursday, September 6	6:00-7:00 pm
Training Topic: Orientation	
Thursday, September 6	7:15-9:00 pm
Training Topic: Biologic Agents: Category A	
Saturday, September 15	9:00 am -12
Training Topic: Dispensing Site Leadership Training	
September 29	9:00 am-4:00 pm
Training Topic: Psychological First Aid	
October TBD	6:30-8:30 pm
Training Topic: An Overview of the Incident Command System	

### ***Vision***

Volunteers  
 Protecting Local  
 Public Health

### ***Mission***

To serve the counties of Culpeper, Fauquier, Madison, Orange and Rappahannock by establishing teams of volunteers to strengthen the public health infrastructure and improve Emergency Preparedness and Response.

***Volunteers Building Strong, Healthy & Prepared Communities***