



Driving Safely In Winter Weather

- Before winter arrives, have your car tuned up, check the level of antifreeze, make sure the battery is good, and check your tire tread or put on snow tires.
- For long car trips, keep food, water, extra blankets, and required medication on hand.
- Avoid driving in snow or ice storms. If you must travel in bad weather, drive slowly. Let someone know what route you're taking and when you plan to arrive so they can alert authorities if you don't get there.
- If your car is parked outside, make sure the exhaust pipe and the area around it are free of snow before you start the car. Snow packed in or around the exhaust pipe can cause high levels of carbon monoxide in the car.
- Don't sit in a parked car with the engine running unless a window is open. Do not let your car run while parked in a garage.
- If your car stalls or gets stuck in snow, light two flares and place one at each end of the car, a safe distance away. Make sure snow has not blocked the exhaust pipe. Then stay in your vehicle and open a window slightly to let in fresh air. Wrap yourself in blankets and run your vehicle's heater for a few minutes every hour to keep warm.

Cold Weather Injuries

During the past 10 years, Soldiers have experienced an average of 361 cold weather-related injuries every year. Cold weather injury prevention depends on proper knowledge and understanding of problems associated with working in cold environments.*** The key to overcoming the cold and successfully completing the mission lies within an understanding of cold weather injuries and ways of preventing them.***

---For more information about cold weather-related injury prevention, visit the web site at <http://chppm-www.apgea.army.mil/HIOCWI/>.



Activities

- **Home Alone Class:** SKIESUnlimited is offering a FREE Home Alone Class on **Saturday, Jan. 16, 10 a.m.-12 p.m.** for children 10-14 years. Class will teach children about safety at home, how to handle emergencies and what to do if you are abducted. Register online www.riamwr.com/CYS or call (309) 782-2165
- **Youth Sports Leagues Forming:** Youth Sports Leagues now forming for Basketball, Racquetball, and Indoor Soccer. Sign up online at <http://riamwr.com/CYS/> or at SAS/YS Bldg. 150 (2-5 p.m.) or at CYSS Central Registration, Bldg. 110 (8 a.m.-4 p.m.). For more information call Paul Beadel (309) 782-5969.
- **January Trivia Night:** Please join us for a night of friendly trivia competition on **Jan. 21 at 6 p.m.** in Heritage Hall. Open to all friends & family. Cost is \$10 per player; Teams up to 10 per team. Call (309) 782-6319 for details.
- **All Star Rodeo:** All Star Rodeo is coming to iWireless Center for two days! Discounted seats available \$32, \$22 and \$15. Free all access pre-show at 5:30 pm Date: **Fri, Jan 22** Time: 7:30 pm
- **Iowa/Illinois Basketball Game:** ITR has 30 seats available for the upcoming basketball game between Iowa/Illinois. Located in Section CC, Row 33-35. Seats are \$20 each. Date: Wednesday, Feb. 3 Time: 7:30 p.m.
- **Joseph/Amazing Coat:** Andrew Lloyd Webber has created a soft-rock fantasy from the biblical story of Joseph and his brethren and turned this ancient tale into a rollicking mixture of vaudevillian turns, country and western, calypso, 50's rock and roll and acid rock. Get your seats for this performance at Circa 21. Tickets are \$42.50. Date: **Saturday, Feb. 6** Time: 5:45 p.m.
- **Outdoor Recreation Snow Tubing:** Just outdoor Recreation for an evening of snow tubing at Ski SnowStar in Andalusia, Ill. Cost is \$11 per person. Preregister at the ITR Office in Bldg. 60 or call (309) 782-8630 for more information Date: **Friday, Feb. 19** Time: 5-9 p.m.

GUIDE FOR IDENTIFYING, HANDLING AND REPORTING SUSPICIOUS LETTERS AND PACKAGES

The discovery of an active bomb found in a local establishment in Macomb MI is a good opportunity to remind the work force what to do if you find such a package or received something suspicious in the mail. Use some common sense precautions to reduce the threat of hazardous materials, general awareness of one's surroundings and suspicious mail as appropriate.

DO NOT PANIC!

What should make me suspicious?

- Item is unexpected or from someone unknown.
- Handwritten with no return address.
- Lopsided or lumpy in appearance.
- Sealed with excessive amounts of tape.
- Marked "Personal" .
- Addressed to someone no longer at that address.
- Has excessive postage.

What should I do with suspicious mail?

- Do not shake or empty the envelope.
- Cover item with something such as a trashcan or paper, or clothing).
- Isolate the specific area or workplace so no one disturbs the item.
- Wash your hands with warm water and soap ASAP.
- Keep those who touched the item to leave.

REMEMBER THE THREE C's

- Stay **Calm** – There is no need to panic.
- Be **Cautious** – Observe your surroundings and report unusual circumstances to police.
- Use **Common Sense** – Stay informed and use good judgment in evaluating risks to your family and work area.

REMEMBER!!

Do not bring the suspicious package or envelope to the Police or Fire Departments.
Dial 9-1-1 and properly trained and equipped emergency responders will come to you.

SUSPICIOUS MAIL ALERT

If you receive a suspicious letter or package:

1

Handle with care. Don't shake or bump.

2

Isolate it immediately

3

Don't open, smell, touch or taste.

4

Treat it as suspect. Call local law enforcement authorities

If a parcel is open and/or a threat is identified . . .

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| <p>For a Bomb: Isolate Immediately Call Police Contact Postal Inspectors Call Local Fire Department/HA/MAT Unit</p> | <p>For Radiological: Limit Exposure - Don't Breathe Evacuate Area Shield Yourself From Object Call Police Contact Postal Inspectors Call Local Fire Department/HA/MAT Unit</p> | <p>For Biological or Chemical: Isolate - Don't Handle Evacuate Immediate Area Wash Your Hands With Soap and Warm Water Call Police Contact Postal Inspectors Call Local Fire Department/HA/MAT Unit</p> |
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