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# Region 6 LEPC Update

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In this issue, we bring you updates from the Region 6 LEPC workshops, new environmental odor guidance from ATSDR, an Emergency Order from U.S.DOT, a resource for exploring TRI reporting facilities in your community, and stress management tips from Fred Cowie.

– Steve and Hilary

## EPA Continues LEPC Workshops Throughout Region 6 through September 2014.

EPA Region 6 Preparedness and Prevention continues to present a series of LEPC workshops throughout New Mexico, Oklahoma, Texas, Louisiana, and Arkansas through September 2014. Hilary and Steve continue to travel across Region 6 to bring the following agenda to you:

### LEPC Workshop Agenda

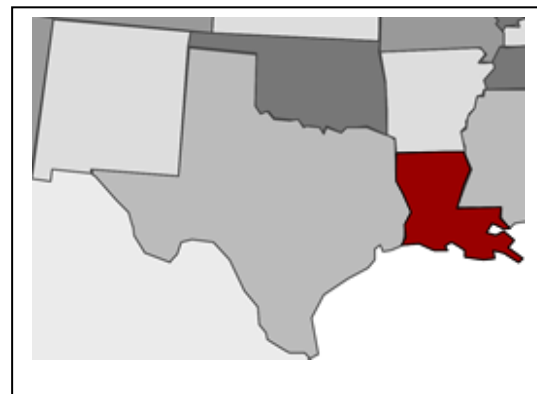
08:30-08:45 - Introductions / Workshop Purpose	11:30-12:45 – Lunch
08:45-09:30 - Requirements for LEPCs and Industry	12:45-13:45 - Keeping an LEPC Active /Reactivating a Dormant LEPC
09:30-09:45 - Local Government Reimbursement Program (LGR)	13:45-14:15 - What Can the State or EPA Do to Help Your LEPC?
09:45-10:00 - Break	14:15-14:30 – Break
10:00-11:00 - Software for Preparedness/Planning	14:30-15:45 - State Issues Discussions
11:00-11:30 - Does Your Emergency Plan Harmonize with EPCRA?	15:45-16:00 – Closeout

### May 2014 LEPC Workshops

The attendees at the recent past Louisiana LEPC workshops held in Lake Charles, Alexandria, and St. James Parish gave us great feedback, describing the workshop was “productive,” “worthwhile,” and “enlightening.” Attendees included LEPC officers and members, emergency managers, parish OEP staff, GOHSEP representatives, prison officials, and the emergency response and medical communities.

Louisiana state issues discussed included updated

emergency management information and data resources in Louisiana, Baaken Crude oil rail transport issues, and improving communication between industry and LEPCs.



## Upcoming LEPC Workshops in Region 6

Yellow denotes locations still to be determined			Gray denotes workshops completed		
AR	Springdale / Rogers Area Bentonville Main Fire Station 800 S.W. A Street Bentonville, AR	07/29	TX	El Paso Area Freeport-McMoran Pavillion 850 Hawkins Blvd., El Paso	06/25
AR	Jonesboro Area Craighead County Courthouse annex 511 Union Street Jonesboro, AR	07/31	TX	Del Rio Area Del Rio Civic Center 1915 Veterans Blvd., Del Rio	06/26
AR	Little Rock / Jacksonville Area Jacksonville FD Training Center 1400 Marshall Road Jacksonville, AR	08/01	TX	McAllen/Harlingen Area – TBD	07/22
AR	El Dorado Area Southark Community College 311 South West Avenue El Dorado, AR	08/12	TX	Corpus Christi Area San Patricio County Civic Center 219 W 5th Street, Sinton, TX	07/23
LA	Lake Charles Area Calcasieu Parish EOC 901 Lake Shore Drive, Lake Charles	05/20	TX	DFW Area – TBD	07/25
LA	Alexandria Area Area Camp Beauregard, Post Theater 720 East Street, Pineville	05/21	TX	Amarillo Area Amarillo Civic Center, Regency Room 401 S Buchanan Street, Amarillo	08/26
LA	Baton Rouge/NOLA Area Regala Park Gym 194 Regala Park, Reserve	05/22	TX	Midland/Odessa Area – TBD	08/27
LA	Monroe Area Area Ouachita Parish Fire Training Academy 1000 New Natchitoches, West Monroe	08/13	TX	Abilene Area Emergency Operations Center, City Hall 555 Walnut Street, Abilene	08/28
NM	Las Cruces Area Dona Ana County Government Center 845 North Motel Blvd., Las Cruces	06/24	TX	Texarkana Area Ark-La-Tex Council of Governments 4808 Elizabeth Street, Texarkana	09/09
NM	<b>*LOCATION CHANGED*</b> Gallup Changed to Farmington Red Lion Hotel 700 Scott Avenue, Farmington	07/08	TX	Tyler Area – TBD	09/10
NM	Albuquerque Area NM Department of Health, 3 <sup>rd</sup> Floor Training Room 2400 Wellesley Avenue NE, Albuquerque	07/09	TX	Waco Area – TBD	09/11
NM	<b>*LOCATION CHANGED*</b> Clovis Area Clovis Community College 417 Schepps Blvd, Clovis	07/10	TX	Beaumont Area – TBD	09/23
OK	Woodward Area Woodward Conference Center 3401 Centennial Lane, Woodward	06/17	TX	Houston Area Jimmy Burke Activity Center 500W. 13 <sup>th</sup> Street., Deer Park	09/24
OK	Oklahoma City Area Oklahoma City Public Works Training Center 3738 SW 15th Street, Oklahoma City	06/18	TX	Austin Area Austin Emergency Operations Center 5010 Old Manor Road., Austin	09/25
OK	Tulsa Area Case Community Center 1050 West Wekiwa Road, Sand Springs	06/19			
OK	McAlester Area Eastern OK State College 1802 East College Drive, McAlester	09/16			
OK	Ardmore Area Area Southern Oklahoma Technology Center 2610 Sam Noble Parkway, Ardmore	09/17			
OK	Lawton Area Lawton City Hall Ballroom 212 SW 9th Street, Lawton	9/18			

# HOTZONE Conference 2014

Registration and Scholarship Application Now Open



Training for Responders by Responders

The annual HOTZONE Conference will be held in Houston Texas October 16<sup>th</sup> – 19<sup>th</sup>. Registration and scholarship application is now open for the 2014 conference. 2014 marks the 15<sup>th</sup> year of bringing nationally-acclaimed trainers to first responders in Region 6. The conference began with the aim to advance HAZMAT technical training and promote professional relationships within Region 6, and has evolved to include the emergency management and planning communities, as well as industry. Workshops include interactive and hands-on training in firefighting, hazmat response, ICS, emergency planning, and more. For details, visit the official HOTZONE Conference website at <http://hotzone.mobi/>

## ATSDR Releases Guidance on Odors

The Agency for Toxic Substances and Disease Registry has released guidance on environmental odors. This guidance includes resources for the public on nuisance odors, physician resources for detecting, treating, and preventing

toxic exposure, and scientific explanations of odor chemistry and olfaction. The guidance is available at

- Information on environmental odors and toxicity
- Odor characteristics of various chemicals and products
- Commonly reported odors
- Odor information for local communities



<http://www.atsdr.cdc.gov/odors/>. The guidance also includes

- Odor FAQs
- Odor Diaries
- Odor investigation resources
- Odor resources for healthcare providers



# Latest Emergency Order from U.S.DOT Requires Notification of Bakken Crude Rail Transport to SERCs



U.S. DOT has issued an Emergency Order (Docket No. DOT-OST-2014-0067) declaring that all railroad carriers which transport **1,000,000 gallons (approx. 35 tank cars) or more of Bakken crude oil in a single train**, must report the expected train movements to the effected counties' State Emergency Response Commission (SERC). In other words, railroad carriers are now required to look at train routes, and provide each SERC with a list of the counties through which these 1,000,000+ gallon shipments travel. This gives the SERC the ability to contact the county/parish and advise of the Bakken crude oil shipment traveling through the area. The Emergency Order can be viewed in its entirety at <http://www.fra.dot.gov/eLib/Details/L05225>

## Emergency Order Quick Summary:

Carriers are required to:

- Provide notification to the SERC regarding the expected movement of trains carrying 1,000,000 gallons or more of Bakken crude oil, identifying the affected counties/parishes traversed in that state.
- Provide in the notification the estimated volumes and frequencies of train traffic.
- Identify at least one point of contact at the railroad (including name, title, phone number and address) responsible for serving as the point of contact for SERCs and relevant emergency responders related to the railroad's transportation of Bakken crude oil.
- Assist the SERCs as necessary to aid in the dissemination of the information to the appropriate emergency responders in affected counties.
- Update notifications prior to making any material changes in the original estimated volumes or frequencies of trains traveling through a county.
- Adhere to the Emergency Order as of June 7<sup>th</sup>, 2014.

## Things to Consider

The Emergency Order declares that “If notification is not made to a SERC within 30 days of the date of this Order [May 7<sup>th</sup>, 2014], a railroad will not be allowed to operate any train transporting 1,000,000 gallons or more of Bakken crude oil in that state until the SERC(s) are notified.” This means that theoretically, carriers transporting 999,999 gallons could continue to operate without notifying the SERC.

## Additional Safety Advisory Issued by PHMSA

In addition the above Emergency Order, PHMSA has issued a Safety Advisory (Docket No. PHMSA-2014-0049; Notice No. 14-07) urging carriers to:

- **Use tank cars designs with the highest level of integrity available**
- **Avoid legacy DOT Specification 111 or CTC 111 tank cars for the shipment of Bakken crude oil**

Both the Emergency Order and Safety Advisory can also be viewed in their entirety at:

<http://www.phmsa.dot.gov/portal/site/PHMSA/menuitem.6f23687cf7b00b0f22e4c6962d9c8789/?vgnextoid=b7ae80ffe38c5410VgnVCM100000d2c97898RCRD&vgnnextchannel=d248724dd7d6c010VgnVCM10000080e8a8c0RCRD&vgnnextfmt=print>

## State EPCRA / LEPC Coordinators and SERC contacts

Arkansas	Kenny Harmon	501-683-6700	<a href="mailto:kenny.harmon@adem.arkansas.gov">kenny.harmon@adem.arkansas.gov</a>
Louisiana	Gene Dunegan	225-925-6113	<a href="mailto:gene.dunegan@dps.la.gov">gene.dunegan@dps.la.gov</a>
New Mexico	Susan Walker (Interim)	505-476-9640	<a href="mailto:susan.walker@state.nm.us">susan.walker@state.nm.us</a>
Oklahoma	Tom Bergman	405-702-1013	<a href="mailto:tom.bergman@deq.ok.gov">tom.bergman@deq.ok.gov</a>
	Bonnie McKelvey	405-521-2481	<a href="mailto:bonnie.mckelvey@oem.ok.gov">bonnie.mckelvey@oem.ok.gov</a>
Texas	Bernardine Zimmerman	800-452-2791	<a href="mailto:Bernardine.zimmerman@dshs.state.tx.us">Bernardine.zimmerman@dshs.state.tx.us</a>

# Enhanced Toxic Release Inventory (TRI) Pollution Prevention (P2) Search Tool

*Courtesy of EPA Region 8 Preparedness Newsletter Vol. 5 No. 2*



Everyone has the right to know the chemicals to which they may be exposed to in their daily lives. Right-to-know laws provide information about possible chemical exposures.

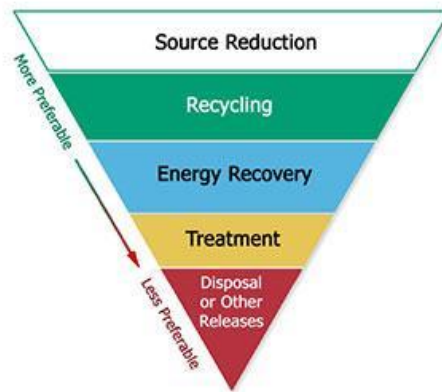
Under the Pollution Prevention Act of 1990 (PPA), the Toxics Release Inventory (TRI) collects information to track industry progress in reducing waste generation and moving towards safer waste management alternatives.

When providing this information, many facilities choose to describe the measures they have taken to prevent pollution and reduce the amount of toxic chemicals entering the environment. As a result, TRI serves as a tool for identifying effective environmental practices and highlighting pollution prevention successes.

The TRI website at

<http://www.epa.gov/enviro/facts/tri/p2.html>

provides a quick and easy way to find information on toxic releases from a facility. The updated and enhanced website now allows a user to graphically compare facilities within the same industry using a variety of environmental metrics for TRI and the Greenhouse Gas Reporting System.



# STRESS MANAGEMENT 101, STEP ONE: Strain—What are the effects of stress?

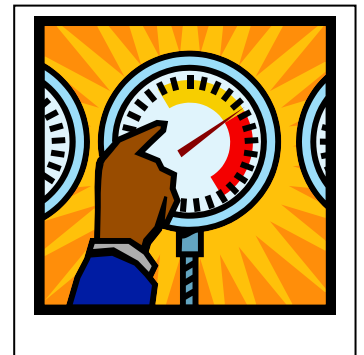
© 2014 Frederick J. Cowie, Ph.D.



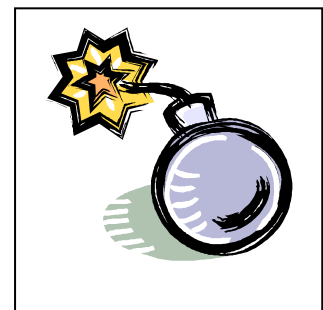
I have spent over two decades using and training others to use effective and efficient stress management techniques. Having a son with a long term, progressive, terminal illness, along with working in the disaster and emergency management and terrorism preparedness fields made this training-career choice immanently logical. Over these many years I learned that the first step in good stress management is coming to a realistic understanding of what strain is, for strain is the engineering term for the effects of stress on a structure. In this short essay all I

want to do is explain that the beginning of wisdom with regard to stress management is one's personal, individual, conscious understanding of personal strain.

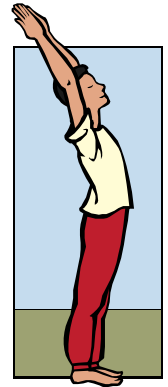
As responders and managers in the emergency/disaster/terrorism complex, undue stress and strain are part of the game, above and beyond normal workplace and home life stress and strain. The leading causes of line of duty deaths are heart attacks and strokes, all heavily stress-related. It's quite simple, manage your strain or suffer the consequences. But, what are the effects of stress?



You are simply a self-directed, self-generating, self-determining neurological and chemical factory. Your gauges, which you can easily read if you care and learn to reflect, are blood pressure, heart rate, and breathing style. You cannot, directly, control (by thinking, wishing, hoping, praying or otherwise mentally manipulating) your blood pressure or your heart rate, but they are directly related to heart attacks and strokes. Interestingly enough, everyone around us can tell when we are "stressed" and it is not pretty. We often hear others say the words "relax," "breathe," "take a walk," "countten," and such things, and we get more stressed. Why? Because we are out of control, our neurological and chemical factory is out of whack. It's because we do not know that we are being told that our boiler gauges are pegged and we are about to explode!



However, there is hope. If you learn to care, about yourself and others, and you place real value on being well and healthy and long-lived and not on being self-righteously “right,” then you will learn to do—proactively, purposefully, and regularly—the one thing that can put yourself, your chemical and neurological factory, your body back to normal settings. And that one thing is regularized deep breathing. This universally-recognized stress management process “entrains” the whole body, and with repeated and aggressive relaxation and breathing techniques one’s blood pressure and heart rate return to normal, dysfunctional emotional responses to incidents are minimized, and everyone involved relaxes too. There are no downsides—and many upsides—to stress management through breathing exercises. Better incident management is just one of them!



## Emergency Response Numbers

Arkansas Dept. of Emergency Management	800-322-4012
Louisiana State Police	877-925-6595
New Mexico State Police	505-827-9126
Oklahoma Dept. of Environmental Quality	800-522-0206
Texas Environmental Hotline	800-832-8224
National Response Center	800-424-8802
EPA Region 6	866-372-7745
CHEMTREC	800-424-9300



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