While the focus of the article below is for April, a lot of us have projects throughout the summer that require some digging in our yards and gardens. This article sent in by Lori Barker gives great advice about who to call BEFORE digging. Please share this article and the links with your co-workers for their safety too. Thanks Lori!

Help support National Safe Digging Month

April is National Safe Dig Month 2022. Our mission at Colorado 811 is to promote safety and the protection of underground utilities. To accomplish this, we need our members support in reaching as many Coloradans as possible. A simple way to reach the public, is by collectively posting about National Safe Digging Month on your company/organization’s social media platforms.

If you are interested in the CGA campaign materials, you can access that information here.
Colorado 811 social media accounts: Facebook, Twitter, Instagram, LinkedIn and YouTube. Members are also welcome to share posts made by the Colorado 811 social media accounts during National Safe Digging Month.

If you have any questions or concerns, please email us. Thank you for your continued support!

Article from: communications@co811.org

Sometimes it’s just plain hard to do a real exercise or drill. Wendy from Health Network provides a neat process and example of a virtual exercise for her staff.

“Buy – In” and Hybridization in Drills

Virtual Tornado Drill for CSU Distribution Only.pptx

By Wendy McGahey, Health Network

Did you know that CSU is located right at the edge of tornado alley? In fact, Weld County has the most tornado touchdowns of any county in the US. Most of our tornados are small and brief, but sometimes they are not. Perhaps you remember or have heard about the Windsor tornado of 2008. We need to be prepared. For our students, for ourselves, and for our loved ones.

We do most of our drills first thing in the morning. Not everyone is working at that time, and most Colorado tornados actually occur in the afternoon and early evening. We want our whole team to be prepared. Tornados can travel at 60 miles per hour, and during an event is not the time to prepare. This drill will provide you with tools to prepare yourself and your household for tornado, as well as instruction on how to respond to a tornado if you are at work, at home, or out and about.
The Virtual Drill

This is the message I sent, sprinkled with local tornado pictures, to all CSU Health Network staff. The purpose of the email was to serve as a “call to action” and encourage our staff to really engage with the Virtual Tornado Drill that they were assigned. The message and virtual assignment also went to the Health Network's Leadership Team, giving them a chance to prepare for the tabletop tornado drill they would be participating in.

The Virtual Tornado Drill includes PowerPoint slides, videos, printables, and quiz questions. The drill opened with facts about tornados in our area. Local photos help make the risk of tornados more real for our learners. The drill then focused on personal safety, including printable forms for creating a Family Emergency Communication Plan and Emergency Supply lists. We also included an excellent video from FEMA titled “We Prepare Everyday” that illustrates some of the additional challenges those with disabilities may face during a disaster.

Also included in the virtual drill was an explanation of tornado watches versus warnings, and how weather safety information is communicated on campus and in the local area. Explanations of how and when to shelter were designed to highlight environments and challenges in the Health Network but would apply to our staff’s daily lives as well. Again, the goal of the virtual drill was to make emergency preparedness more real, and more personal. Lastly, the virtual drill ended with a three-part scenario, including more pictures of Northern Colorado tornados, to lend more realism to the virtual format. Several staff members have expressed appreciation for the tone of the training and the information it provided. I am hopeful that the Virtual Tornado Drill will provide lasting safety benefits to our students and staff, as well as their loved ones.

The Tabletop Drill

Because the Health Network Leadership Team received the same foundational training in the form of the Virtual Drill, we were able to focus the tabletop more on what disaster recovery and continuity of operations could look like. We used the same scenario introduced in the virtual drill. However, we tasked our leaders to begin considering how they would continue or resume operations in the event of a prolonged power, IT, or other infrastructure failure. Colorado State University is working to revamp the campus Continuity of Operations and Disaster Recovery plans, but it is never too early to begin identifying critical functions and needs in your own facility.

Virtual Drills

The Virtual Tornado Drill includes PowerPoint slides, videos, "printables", and quiz questions. The drill opened with facts about tornados in our area. Local photos help make the risk of tornados more real for our learners. The drill then focused on personal safety, including printable forms for creating a Family Emergency Communication Plan and Emergency Supply lists.

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W.M.
The concept of emergency kits was introduced in the virtual drill, so we talked about what such a kit might contain for each department, if they were to continue operations offsite. The Health Network already has “Go Kits” to provide emergency medical care during a disaster. Other work environments can also benefit from having pre-organized kits. Such kits could include critical contact numbers, digital or paper copies of vital records, and/or backup equipment. The idea is for the kit to be something already assembled that can be grabbed quickly and taken with staff to the tornado shelter. We encouraged the Leadership Team to start compiling the information and resources that they would need to serve students while offline or off site.

Because the Health Network Leadership Team received the same foundational training in the form of the Virtual Drill, we were able to focus the tabletop more on what disaster recovery and continuity of operations could look like. We used the same scenario introduced in the virtual drill. However, we tasked our leaders to begin considering how they would continue or resume operations in the event of a prolonged power, IT, or other infrastructure failure.

Start Planning
Throughout the virtual and tabletop trainings, we worked to reinforce that the threat from tornados and other hazards is real, and that during a disaster is far too late to prepare. I encourage you to take the same stance – personally and with your teams. Start thinking about how you would respond to an event in the short- and long-term disaster, both at work and at home. Please feel free to use the information provided in the attached training for your staff and in your own lives.

Wendy McGahey, MSN, RN, NHDP-BC
Virtual Tornado Drill for CSU Distribution Only.pptx

Thanks to Wendy McGahey of Health Network for this article and her leadership in emergency readiness!  Bob

Supporting Youth Affected by the War in Ukraine: Tips for Parents
The invasion of Ukraine by Russian military is having a significant impact on many children and adults. People feel stress, anxiety, and grief. Some people may worry about family and friends in Europe, about the possibility of service members being at risk, or about the threat to global security and economic stability. Children who are (or who are perceived to be) Eastern European may be at risk of bullying or harassment by peers. Families and schools can work together to help children understand their emotional reactions and to teach effective coping and conflict resolution skills. The tips and resources in this document are intended to help you support your children.
How to Talk to Children About the War

- Provide time and a safe place for your children to talk about their stress and fears.
- Let children's questions tell you what information they need. Don't assume they are concerned about the same things you are. Use words at their age level of understanding.
- Avoid offering unnecessary or frightening details.
- Clarify misconceptions or misinformation. Differentiate between fact, opinion, and rumors.
- Help children separate reality from imagined fears.
- Provide brief, clear information with reassurance. You could say, "It sounds like you are worried about our safety. Let's think about how our school and community are working to keep us safe."
- Older youth may want to talk about the politics of the conflict at their level of understanding.
- For all children, encourage them to verbalize their thoughts and feelings. Be a good listener!
- Talk about common reactions to the stress of war (below) and acknowledge their feelings.
- Listen, empathize, and affirm that most initial reactions are common and expected.

Possible Emotional Reactions

There are some common and typical reactions that children and youth feel when their lives are affected by war.

- **Fear.** Children may fear for the safety of themselves, their families here or back home, or friends.
- **Loss of control or helplessness.** Lack of control can be overwhelming and confusing. Youth may grasp at any control that they have, including refusing to cooperate, go to school, part with favorite toys, or leave their caregivers.
- **Anger.** Anger is a common reaction and may be directed toward classmates, teachers, or caregivers. Anger often masks other emotions, so adults can help youth identify and manage their underlying feelings.
- **Insecurity.** Youth can feel insecure when their usual schedules and activities are disrupted, increasing their level of stress and need for reassurance.
- **Isolation.** They may also feel isolated, or as if they're the only one having the feelings they do.
- **Confusion.** Youth may have trouble understanding the difference between violence in video games and the real events taking place on the news.
- **Desperation.** Some youth and families understandably feel desperate to get information about the status of family and friends. This can cause worry and a desire to constantly scan news sources for any information about the events. Strive for a balance between seeking information and managing intense emotions. Let children know it is okay to feel upset, and then teach them ways to appropriately deal with those feelings.
Know the Signs of More Serious Reactions

Most children will be able to cope with their concerns with the help of caring adults. However, children who have had a past traumatic experience, had a personal loss, or suffer from depression or other mental illness may be at greater risk for severe reactions. Contact your school for help if children show significant changes in behavior, including the following symptoms, for more than 2 weeks. Seek the help of a teacher, counselor, or school psychologist if you are at all concerned. **If your child shows signs of self-harm or suicidal thinking, seek help immediately.**

- **Preschoolers:** thumb sucking, bedwetting, clinging to parents, sleep disturbances, loss of appetite, fear of the dark, regression in behavior, or withdrawal from friends and routines.
- **K-12 children:** irritability, aggressiveness, clinginess, nightmares, school avoidance, poor concentration, withdrawal from activities and friends, sleeping and eating disturbances, agitation, increase in conflicts, physical complaints, delinquent behavior, or poor concentration.

How Parents Can Help

- **Emphasize** that, although we can't control everything that's happening, many adults care deeply about them and will do all they can to ensure that they are safe.
- **Model** calm and control. Children are more in control when the adults around them are in control. Children often look to adults to determine how to respond and cope with stress, so it is important that adults model positive coping strategies.
- **Understand** that knowing what to say is often difficult. When no other words come to mind, say something like, "This is really hard for you/us." It is okay to acknowledge that you don't like the situation. Try to recognize the feelings underlying youth's actions and put them into words. You could say, "I can see you are feeling really scared about this," or "It is hard to think that [loved one] is so far away."
- **Remember** that it's okay to say "I don't know" when youth ask questions like "When will the conflict end?" Acknowledge how frustrating the uncertainty is by saying "It's hard not to have all the answers."
- **Encourage** schoolwork and extracurricular activities, but do not push youth who seem overwhelmed.
- **Keep** a regular schedule and foster healthy nutrition, sleep, and exercise.
- **Set limits** around television and social media viewing, as too much can increase fears. Excessive time on social media can have negative effects on children's mental health, increasing their stress, anxiety, and feelings of grief. It can result in problems with school performance. Watch the news with your child so you can discuss the situation factually, provide reassurance, and monitor their reactions.
- **Teach** your children to calm themselves in times of stress. Some strategies include mindfulness and deep breathing, guided relaxation and meditation, journaling, coloring, puzzles, listening to calming sounds and music, movement (e.g., walking, yoga, exercise routines), spending time with others, and talking to a friend or adult about what is happening or how they are feeling.
• **Help** students be allies for friends or family who may be struggling. Help them to seek support or volunteer in programs or organizations that can help with their needs. Focus on their skills and strengths and on what we can do here to help. Every contribution is meaningful.

• **Communicate** with your child’s school. Schools are a good place for children to experience a sense of normalcy by being with friends and teachers. Notify your child’s teacher if you have concerns. Immediately report any instances of bullying, harassment, or discrimination that your child observes or experiences.

• **Prevent** stereotyping of cultures and countries. Children and youth can easily repeat negative statements made by the media. Reinforce respect and empathy for all people.

*Contributors:* Cathy Kennedy-Paine, Lisa Coffey, Katherine Cowan, Kelila Rotto, Iryna Kasi, and Vira Sypvuk.

Jan Pierce, our Employee Assistance Coordinator sent this handy resource page for those who may need help or resources in several areas of world and local importance.

**Link to Conflict Resources** - [https://pages.e2ma.net/pages/1807892/34278](https://pages.e2ma.net/pages/1807892/34278)

Jan recommends setting up an account with ComPsych and further exploring any area that may be of concern to you, or someone you know, for additional assistance.

Start with the link below to set up or log in to your account and get started. Thanks Jan!

**GuidanceResources® Online**

ComPsych provides no-cost, confidential assistance to help address the personal issues faced by employees (faculty, staff, non-student hourly, graduate assistants) and members of their household. Staffed by experienced clinicians, 24 hours a day, seven days a week, ComPsych will refer employees to a local, licensed psychotherapist, to answer legal or financial questions, or refer you to experts in the community.

The **Guidance Resources** link is your one-stop shop for expert information on the issues that matter most to you…relationships, work, school, children, wellness, legal, financial, free time and more. Use the term **CSUEAP** to create an account.
With COVID in retreat, many who have been isolated circumstances are ready to get out and travel. Before you go, be in the know. Here are some tips and resource links from the U.S. Department of State for your consideration.

Country Information

Learn About Your Destination

We provide safety and security information for every country of the world to help you assess for yourself the risks of travel. Each country information page contains a Travel Advisory, Alerts, and other important details specific to that country that could affect you. Pay close attention to the entry and exit requirements, local laws and customs, health conditions, and other details to decide whether traveling to that country is right for you. You will also find the address and phone number of the nearest U.S. embassy or consulate. Take those with you in case of an emergency.

Learn more before you go

- Traveler’s Checklist
- Safety and Security Messaging
- Smart Traveler Enrollment Program (STEP)
- Traveler Information
- Crisis Abroad: Be Ready
- Your Health Abroad
- Driving and Road Safety Abroad
- Customs and Import Restrictions
- COVID-19 Testing Required for U.S. Entry
- Information for U.S. Citizens in Russia – Travel Options Out of Russia

If you are new to Colorado, there’s never a shortage of things to do, sights to see, and places to explore. Enjoy!
The Best Summer Activities in Colorado
July 15, 2020 by Mile High Fun

Summer activities in Colorado will offer you and your family all the beauty, adventure, and excitement you want. To start planning for your time away, you might first buy a “GetOutPass Colorado.” This pass can be purchased online and save you more than $3,000 in free admissions. It includes such sites as Water World, Monarch Mountain, Lakeside Amusement Park, and Castle Rock Adventure Park, to name a few.

There are three great parks to offer you a lot of excitement. These include Rocky Mountain National Park, Mesa Verde National Park, and Garden of the Gods Visitor and Nature. Rocky Mountain National Park is located about 76 miles northwest of Denver. The eastern and western slopes of the Continental Divide fall through the center of the park. You will appreciate the mountains, alpine lakes, and an abundance of wildlife wandering about in the wooded forests and mountain tundra.

Mesa Verde National Park is located in Montezuma County, Colorado. It is near the Four Corners in the American Southwest and covers 52,485 acres. More than 600 cliff dwellings contribute to make it the most significant archaeological preserve in America. Cliff Palace, one of the best-known structures, is thought to be North America’s most massive cliff dwelling.

Another of the great summer activities in Colorado to enjoy is the Garden of the Gods Visitor and Nature Center. It provides fantastic scenery and great hiking trails. The main entrance is at 1805 N. 30th St. Colorado Springs, admission is free. The 25th anniversary of service to the park is being celebrated this year. The celebration provides many unique programs and events. These include top naturalists, historians, interpreters, and an exciting array of inspiring adventures, presentations, walks, and hikes throughout the year.

Rock Formations and Sand Dunes

Another of the summer activities in Colorado is Red Rocks Amphitheatre, located 15 miles outside of Denver. The rock formations are awe-inspiring. It is believed they were used before the era of the westward expansion by the Ute tribe. The compositions provide for nearly perfect acoustics for live music performances – bands and artists often perform on a rock stage. An extensive selection of entertainers performs here, ranging from rock bands to opera singers. It is one of the most picturesque performing venues in the world.
The Great Sand Dunes National Park and Preserve, located in southern Colorado, consists of sandy dunes covering the land. The beautiful vistas often look like vast deserts. Star Dune is the largest, and it towers over all the others. If you are up for it, you will want to get on a trail and start hiking. You will hike through forests and wetlands that surround the dunes. If you want to catch some trout for dinner, try fishing at Medano Lake which is just one of several alpine lakes found here. Sand dunes may not sound exciting; however, you can be assured there is something here for every member of your family to enjoy during your summer activities in Colorado.

Antonito provides another great treat. Here you can board the Toltec Scenic Railroad. It will take you to Chama, New Mexico, for a total ride of 64 miles. It is not often you can take a trip back in time on an old fashioned, narrow-gauge heritage railroad while enjoying the countryside as you travel through the area. You can ride in a coach seat or book a first-class parlor car to go in this historic steam powered engine. How can your summer activities in Colorado be complete without a historic train ride?

**The Colorado Trails**

Most everyone has heard of The Colorado Trails, which cover more than 500 miles in the state. There are numerous hiking trails for beginners to advanced hikers. You can experience the trails for a couple of hours or plan an entire day of hiking. Once you cross the Rockies, you will discover the many lakes, creeks, and mountain ranges. Your summer activities in Colorado will not be complete without a climb up Coney Summit, which is 13,334 feet above sea level. You can also experience a horseback ride or rent a mountain bike for the day. You could encounter the old mining towns as well as the ancient Indian trails. The Colorado Trail will offer you an adventure you will never forget.

If you want to witness a geological wonder and an incredible display of natural history, you need to go to Hanging Lake. It is located at Glenwood Canyon. The lake is suspended almost at the end of the cliffs. To fully enjoy the beauty, you will need to take a little climb upwards and forget about how steep it is. The sparkling turquoise waters and refreshing waterfalls feed into the lake. Although the pool of water is tempting to jump in for a swim, you need to refrain from doing so as this is home to a delicate ecosystem. It is maintained by refraining from swimming or even splashing in the water. You will understand, once you see it, that you are helping to preserve a magnificent environment. Instead, take a picnic lunch and enjoy the beauty it has to offer, including the naturally hanging plant gardens and the tranquility the lake provides.

Remember Buffalo Bill? Colorado played a significant role in the westward expansion. There was a massive boom during the mining days. It did not take long for the railroads to start
building their rails here. Folklore seemed to be created overnight to entertain the generations to follow – one character included Buffalo Bill. He gained a tremendous amount of fame during his buffalo-hunting days. This was followed by his operation of a Wild West Show. Entertainers such as Annie Oakley and Sitting Bull performed at his venue. The old buffalo hunter died here at Lookout Mountain. Your summer activities in Colorado will hopefully include a visit to Buffalo Bill’s Museum, which was later created in his honor. You can see his firearms along with Native American artifacts. Go inside and take a few steps back in history.

From: The Best Summer Activities in Colorado - goColorado
For more: 8 Colorado Adventures You Can't Miss This Summer | Colorado.com

Please be safe as you enjoy Colorado and be respectful of people and property. We have some wonderful history here and some of it is very fragile. Treat our state and each other with respect. Thank you! Bob

Water Awareness for Spring and Summer

It's important to be ready for floods, whether they are from a thunderstorm, snow melt, hurricane, or other weather event. Here are some tips to keep in mind:

• Learn about flood risks in your area. Check with your local government to learn the history of flooding in your area and follow their recommendations.

• Make a plan for your household, including your pets, so that you and your family know what to do, where to go, and how to protect yourselves from flooding.

• Turn around. Don't drown. Do not walk, swim, or drive through flood waters. Just six inches of fast-moving water can knock you down, and one foot of moving water can sweep your vehicle away. Move to higher ground if you see flood water ahead. Stay off bridges over fast-moving water.

• Understand the difference between a flood watch and a flood warning. The National Weather Service often issues a flood watch before a flood warning. A watch means you should begin preparing for a possible evacuation because flooding is possible. A flood warning means flooding is occurring or about to occur, and you should take immediate action to protect yourself.
• **Consider buying flood insurance** if you live in a flood zone. Flood insurance is a separate policy from homeowners and renters insurance. FEMA manages the [National Flood Insurance Program (NFIP)](https://www.fema.gov/flood-insurance). To purchase flood insurance, call your insurance company or insurance agent. If you need help finding a provider, go to [gov/flood-insurance-provider](https://www.gov/flood-insurance-provider) or call the NFIP at 877-336-2627.

For more tips and protective actions, visit [www.ready.gov/floods](https://www.ready.gov/floods) and [https://community.fema.gov/ProtectiveActions/s/article/Flood](https://community.fema.gov/ProtectiveActions/s/article/Flood).

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**Excerpts from FEMA’s Individual and Community Preparedness Newsletter**

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**For Remote Campus Learners!**

**NOT ON MAIN CAMPUS? YOU CAN REQUEST A VIRTUAL ER TRAINING**

If you are not located on CSU's main Fort Collins campus and would like to request that a virtual session of Emergency Readiness or Building Proctor training be scheduled, please complete this form. Classes being scheduled virtually are dependent upon demand. You will be contacted if a virtual class session is scheduled.

We will do our best to meet the schedules you request on the form but need to have seven attendee requests to set up a class session with our technical support staff.

If you have suggestions to make this form more user friendly, please let us know. Thank you for your interest in readiness training.

*Diane Fromme (she/hers)*  
*Colorado State University, Talent Development*  
*Learning Management System (LMS) Coordinator*

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**Learner * Maximizer* Relator * Achiever * Arranger**
For more resources visit the Talent Development Website and click on Emergency Readiness Training

training.colostate.edu/emergency-readiness-trainings

or

https://safety.colostate.edu

Ready Colorado State Newsletter is published six times each year – January, March, May, July, September, and November and distributed to subscribers. It includes information from Building Proctors, university staff and faculty, from businesses and professional groups and publications, government sources, and from other campuses throughout Colorado and Wyoming. These articles are put together by your Ready CSU Training Team, a university wide coalition of peers concerned about preparedness, safety, and YOU.

Check with your proctor to see what’s up in readiness here at CSU! Better yet, tell coworkers they can also subscribe to the newsletter at:

https://lists.colostate.edu/cgi-bin/mailman/listinfo/ready_csu_newsletter

This publication is intended to serve YOU, the people who serve our students: if you have information that may be included here for the benefit of your colleagues, please send it to Bob Chaffee at Talent Development at this email address:

bchaffee@colostate.edu