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Quarterly Newsletter

Spring 2019



EMERGENCY MANAGEMENT NEWS

Mass Casualty Exercise

Emergency service organizations in Central Vermont conducted a simulated “mass casualty” exercise at the Waitsfield Telecom facility located on VT Route 100 in Waitsfield on

Saturday, April 6th. The exercise tested the ability of area emergency response agencies and hospitals to coordinate, and respond to such an event. The scenario simulated a regular work day at Waitsfield/Champlain Valley Telecom when 9-1-1 dispatch received a phone call about multiple people feeling ill at a single location. Participating organizations included: Mad River Valley Ambulance Service, Northfield Ambulance, Waterbury Ambulance, Waitsfield Emergency Management, Waitsfield-Fayston Fire Department, Moretown Fire Department, Warren Fire Department, Vermont Emergency Management, and the University of Vermont Medical Center – Central Vermont Campus. Volunteers played the different roles of the victims inside the facility, while it was up to the multiple fire and ambulance crews to respond, rescue, treat and transport victims to area hospitals. Firefighters also had to investigate, identify, and eliminate the source of the problem; which was a carbon monoxide leak, and perform mechanical ventilation on the building to ensure it was safe to re-enter by metering the structure with a gas meter.

The objectives of the exercise were to:

- Demonstrate the Incident Command System structure that responders will operate under throughout the incident;
- Perform triage, initial stabilization of casualties, and definitive care for those likely to survive their injuries and illnesses;
- Demonstrate communications between the scene, dispatch, and University of Vermont Medical Center – Central Vermont Campus.

At the conclusion of the exercise, controllers facilitated a Hot Wash to allow for a discussion among all participants to discuss the strengths and areas for improvement. This also allowed for evaluators to seek clarification regarding player actions, and the decision-making processes that occurred. Vermont emergency response organizations in different communities often work together on calls, which is referred to as mutual aid. Training with these mutual aid partners is critical, so any inconsistencies can be worked out in training, and not at a real incident where the public expects perfection.

EMD & Road Foremen Collaboration

CVRPC recently hosted Emergency Management Directors (EMD) and Highway Foremen from all over Central Vermont to come together for a joint day of learning.

In the morning there were presentations from Vermont Emergency Management (VEM) and the Agency of Transportation. The VEM presentation was led by Kim Canarecci, Vermont's Public Assistance Officer. The FEMA Public Assistance (PA) Program is a reimbursement program and provides grant funding to eligible applicants for eligible disaster recovery related activities such as: Debris Removal, Emergency Protective Measures, Permanent Repairs or Replacement of applicant owned infrastructure (e.g. roads, public trails, culverts, parks, buildings, equipment, utilities). Explained how communities receive funding through proper documentation prior to, during, and following an event. Also discussed how to procure help when making repairs that exceed in-house capabilities.

The Agency of Transportation presentation was led by Zoe Nederland, the Transportation Planning Coordinator for the Central Vermont Region. VTrans is working to reduce storm damage impacts on transportation assets to minimize cost and inconvenience to customers, safety hazards, and impacts on the environment. They are using the MAP-21 Part 667 requirement as an opportunity to take this work to the next level. This phase of Part 667 focuses on locations with repeat damage caused by different Governor-declared emergencies.

In the afternoon the large combined group split into their own separate groups to dive a little deeper into their fields. The EMDs learned about Municipal Incident Planning and Local Emergency Management Plans; while the Highway Foremen learned about the 2019 Draft Road and Bridge Standards and OSHA Safety for Supervisors. Overall there were 23 people in attendance from 11 area municipalities.

Firefighter Honored

Marshfield Fire Department honored Tom Maclay during a recognition ceremony at town meeting day on March 5, 2019. The Vermont Legislature also recognized Tom at the Vermont Statehouse on March 19, 2019. "The citizens of Marshfield and all Vermonters are most fortunate that Tom Maclay has dedicated much of his life to volunteer public service of a caliber and longevity that few persons are privileged to achieve." Tom Maclay's firefighting journey began in September 1962 when he joined the Marshfield Volunteer Fire Department, and he



has spent more than 55 years with that department, including serving a decade of those years as chief. Besides his role in the department, Tom served in many other roles on behalf of the community such as town moderator, emergency management director, fire warden, and many others. Central Vermont Regional Planning Commission congratulates Tom on his successes, and wish him well in his future endeavors. The full resolution can be viewed [here](#).

TRANSPORTATION NEWS

Grants in Aid & Road Erosion Inventories



Over the summer CVRPC staff, with the assistance of a summer intern, will continue to conduct Road Erosion Inventories on behalf of Towns to comply with the Municipal Road General Permit. Funds have been awarded and inventories will be conducted in the following towns: Calais, East Montpelier, Fayston, Northfield, Orange, Williamstown, Woodbury, and Worcester.

Year 3 funds of the Municipal Grants in Aid program should be made available soon. These funds assist towns to bring their roads up to the standards of the Municipal Road General Permit. CVRPC looks forward to assisting Towns in our region with their projects and funding opportunities.

If you have questions about the inventory for your town, Grants in Aid or the Municipal Road General Permit, please contact Ashley Andrews – andrews@cvregion.com or Dan Carrier – carrier@cvregion.com

Construction Update

Ledge Removal is scheduled to begin this May in the Town of Berlin, Interstate 89 Exit 6 Northbound with an estimated completion date of November 2019.

It is anticipated that I-89 Northbound will be reduced to one lane by the 1st week in May. *Exit 6 will remain open until the closure period begins in June.*

Clearing of trees and brush at the top of the ledge will continue into the 2nd week of May.

Construction signs have been installed throughout the project and message boards should be in place by May 4th.

The contractor has finished building the access road to the top of the slope in order to mobilize equipment in preparation for the start of construction activities.

The contractor is scheduled to begin installation of concrete barrier on 5/1/19 weather permitting. Once temporary line striping has been completed and barrier has been installed, I-89 Northbound will be reduced to a single lane of travel. *Exit 6 will remain open.*

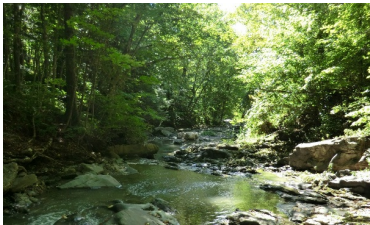
Transportation Resilience in Steven's Branch

CVRPC, in cooperation with communities in the Steven's Branch watershed, has been awarded a grant to add the watershed to the Vermont Transportation Resilience Planning Tool.

Municipalities within this watershed have seen their share of flood related damage recently.

The Tool is a web-based application that identifies bridges, culverts, and road embankments that are vulnerable to damage from flood inundation, erosion, and deposition. It estimates risk based on the vulnerability and criticality of roadway segments and identifies potential mitigation measures based on the factors driving the vulnerability. The Tool combines river science, hydraulics, and transportation planning methods.

This Tool will assist communities to be proactive in how they approach infrastructure improvement projects. Click [here](#) for more details.



HEALTHY PARKS | HEALTHY PEOPLE

Whether it is a walk in the woods, sitting quietly under a tree, playing by a stream, or running on a trail; it is well known that nature is good for you!

Central Vermont has countless areas where young and old can reap the healthy benefits of the natural environment. Some of these benefits are recognized and outlined below.

The National Park Service – *Rivers, Trails and Conservation Assistance* program is working with doctors, healthcare providers and program managers as part of the Healthy Parks Healthy People of the greater Washington, D.C. area initiative. Doctors are prescribing park prescriptions to patients so they can improve their health, connect with the outdoors and become park stewards. [See for yourself!](#)

The [Parks, Trails and Health Workbook: A Tool for Planners, Parks and Recreation Professionals, and Health Practitioners](#) is designed to identify the health conditions of your local community or planning area. This assessment helps target and guide conservation and recreation projects that improves the health of community residents. This workbook was developed by the National Park Service in partnership with the Centers for Disease Control and Prevention.

Find some time today to enjoy the natural world around you!

SERVICE OPPORTUNITY WITH CVRPC

CVRPC is currently recruiting for an AmeriCorps VISTA member.

As a VISTA at CVRPC you will increase services to people experiencing poverty. We offer a great opportunity to collaborate with multiple towns, non-profits, and state agencies to move ideas into actions.

Member will plan and initiate implementation of the Regional Plan by creating volunteer orientation and training programs; drafting housing and childcare action guides; and developing an energy implementation toolbox. Member will assess cellular and broadband service areas throughout the region; and organize learning exchanges for municipal volunteers.

Applicant should be independent, possess strong writing and presentation skills, and enjoy meeting with the public. Applicant should have experience with MS Office Suite, project planning, volunteer recruitment and mentoring. Position requires a reliable vehicle and attendance at evening meetings.

Collaborating with towns, cities, non-profit organizations, and state agencies, CVRPC strengthens public policy and cultivates actions that increase food access, provide affordable housing opportunities, increase social connectedness, support community health, increase public transit ridership, support walkable communities, and foster development and maintenance of public infrastructure. CVRPC strives to leverage the power of people serving together. Through a combination of environmental and economic planning strategies, we foster a community environment that provides for the needs of both residents and the natural surroundings, today and for generations to come.

Opportunity to start on August 19, 2019 with applications accepted through August 10, 2019.

To apply: <https://my.americorps.gov/mp/listing/viewListing.do?id=87755>



COMPOSTING

Composting workshops can be found throughout Central Vermont this spring.

All Vermonters must begin (or continue) to divert food scraps from landfills as of July 1, 2020. There are several ways to keep food scraps out of the trash:

- Compost scraps in your own backyard
- Bring scraps to your local compost collection station
- Pay your trash hauler to pick up
- Pay for curbside pick-up with a local compost hauler

Backyard composting equipment is currently available through the Central Vermont Solid Waste Management District – Soil Savers @ \$50.00 and Green Cones @ \$125.00

Those who want to compost but who don't have the space can drop off food scraps at the following places:

- Vermont Compost, 1996 Main Street, Montpelier, VT

- Grow Compost, 2046 U.S. Route 2 Waterbury, Vermont 05676
- Casella Resource Solutions, 408 E. Montpelier Rd., Montpelier: Monday-Friday, 8 a.m.– 5 p.m.
- CVSWMD's ARCC – 540 North Main St., Barre: Mondays, Wednesdays, Fridays, 12:00 – 6:00 p.m.; every 3rd Saturday, 9 – 1 p.m.
- Transfer Stations

Residential Curbside Compost Pick-Up:

- Earthgirl Composting

For more information about composting and all the options available, please go to <http://www.cvswwmd.org>

COMMUNITY ENGAGEMENT STRATEGIES

Does your community struggle with engaging stakeholders in outreach events? CVRPC staff recently participated in an Innovative Engagement Strategies Webinar which highlighted the following strategies:



Frame the Issue

- Convey the issue's relevance NOT the technical details
- Position the issue in the present
- Create a bridge from impacts to solutions
- Illustrate the benefits of actions

Engage the People

- Co-explore risks and responses (have a discussion – don't talk at participants)
- Respect and incorporate local concerns, knowledge and innovations
- Partner with existing resources and community leaders
- Eliminate barriers to participation (childcare, transportation, schedules, meeting locations)
- Focus on equitable solutions that address community needs and deliver tangible benefits

The full webinar can be viewed [here](#).



WATER WISE WOODLANDS Caring for Your Woods Pancake Breakfast & Workshops

CVRPC and partners Friends of the Winooski River, Vermont Woodlands Association, VT Forests, Parks & Recreation, and Winooski Headwaters Community Partnership; recently sponsored a well-attended breakfast and workshop event with support from the High Meadows Fund.

Professional foresters and other experts shared information about how to care for woodlands, wildlife, and protect water resources. Presenters included: Dan Singleton, Washington County Forester; Rose Paul, The Nature Conservancy; and Dave Wilcox, DEC Watershed Forester. Friends of the Winooski River brought their stream table to demonstrate river and stream dynamics. The Department of

Forests, Parks & Recreation and the Natural Resources Conservation District hosted informational tables to share resources on invasive species and temporary skidder bridges.

There was delicious food, fun crafts, great community and learning. Door-prizes provided by Lenny's, R&L Archery, VT Woodlands Association, Perfect Circle Nursery, Cabot Creamery and others. Pictures from the event can be found [here](#). Over 70 people attended. Participants left with an increased understanding of forest ecology, the importance of riparian buffers, the interconnected relationship between forested headwaters and flood resilience; plus the value of enrolling into the current use program and developing a stewardship or management plan.

Whether you have 5 or 500 acres of woodland, you can help prevent flood damage and produce one of Vermont's most important forest products—clean water! Healthy woodlands can absorb, slow down, and filter rain and storm water. Starting at the waters' source, woodland owners in the Winooski Headwaters can be good stewards of the landscape, ensuring a healthy environment.

For additional information about this great program, please contact Clare Rock – rock@cvregion.com

WELCOMING NEW STAFF

CVRPC is pleased to announce that **Zachary Maia** has joined our team as an Assistant Planner! Along with Senior Planner Clare Rock, Zach will staff the Commission's land use and municipal assistance program. Zach worked as an intern for the Colchester Planning and Zoning Department, providing front desk assistance, supporting the Planning Commission, and drafting the Town's enhanced energy element. He also interned at the Manomet U360 Sustainable Business Program, working with small business owners on the *triple bottom line* approach. The triple bottom line (TBL) is a concept which broadens a business' focus on the financial bottom line to include social and environmental considerations. A TBL measures a company's degree of social responsibility, its economic value, and its environmental impact. Zach will graduate from the University of Vermont in May 2019 with a Bachelor of Science in Environmental Studies. He focused on environmental law and policy and community development. He can be reached at maia@cvregion.com Welcome Zach!





VTRANS BICYCLE & PEDESTRIAN GRANT PROGRAM – NOW OPEN

The intent of the VTrans Bicycle and Pedestrian Program is to improve access and safety for

bicyclists and/or pedestrians through the planning, design and construction of infrastructure projects.

The Bike/Ped Program provides funding for either a scoping study or a design/construction project for the following facilities:

- Bicycle lanes (on-road facility delineated with pavement markings and signs)
- Shoulders (generally a minimum of 3-feet wide to accommodate bicyclists)
- Sidewalks
- Pedestrian crossing improvements, including median pedestrian refuge islands
- Pedestrian signals
- Improvements that address requirements of the Americans with Disabilities Act
- Shared-use paths (designed for use by both bicyclists and pedestrians)

Projects may be combinations of any of the above facilities.

Projects with the following emphasis will be considered favorably:

- Facilities that address a documented safety concern such as a high crash location
- Connectivity within overall bicycle and pedestrian networks
- Proximity and access to and within village centers and downtown areas
- Facilities that serve multiple uses e.g. access to businesses, residences and schools

In 2015, VTrans added a “small projects” category that is funded with state dollars only and this type of project is eligible again this year. The intent of these projects is to implement necessary safety improvements like signs, pavement markings, crossing enhancements or on-road bike facilities through striping. These projects may be bid out or done by local forces. This category is not to be used to match federal funds on a larger project.

For a copy of the VTrans 2019 Bicycle and Pedestrian Grant Program Guide and to access the application materials, visit the VTrans Bike/Ped Program website:

<http://vtrans.vermont.gov/highway/local-projects/bike-ped>.

There will be workshops provided to potential applicants. It is strongly recommended that an official representative of the applicant attend one of these sessions. This year, the sessions will be provided as a webinar and attendees will **access them using a link provided in the Grant program guide**. The two sessions are scheduled on Monday May 13, 1:00 PM to 2:30 PM and Wednesday, May 15, 5:30 PM to 7:00 PM. You can participate in the training from any computer connected to the internet. If you don't have an internet connection, you may access the training via phone by calling 1-802-552-8456 and entering the following conference ID: May 13 - 35417001; May 15 - 12794052. **Reservations are not required** for the workshops.

CVRPC looks forward to working with member Towns on their bicycle and pedestrian projects. Please feel free to contact us with any questions you may have. CVRPC@cvregion.com | 802-229-0389.

CVRPC Commissioners

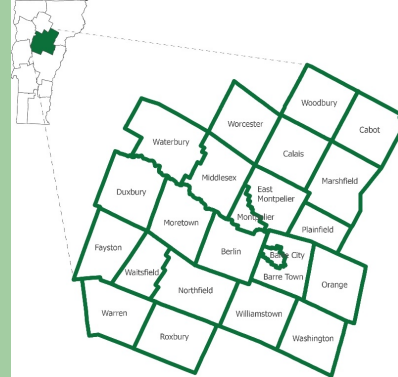
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