

# COOK NUCLEAR PLANT

## 2019 Emergency Information Calendar for Berrien County

READ THIS NOW AND THEN DISPLAY IT FOR EASY ACCESS



**INDIANA  
MICHIGAN  
POWER**  
An AEP Company



# READ THROUGH THIS CALENDAR NOW AND THEN DISPLAY IT FOR EASY ACCESS

## Dear Berrien County Resident:

If there is a serious emergency in Berrien County, this calendar tells you exactly what to do. That's why the information it contains is so important.

Read this emergency information now. Then display it where you can access it quickly. This calendar is published especially for people who live, work or go to school within 10 miles of the Cook Nuclear Plant in Bridgman. It is also for use by boaters, campers and all visitors to the area.

The best way to be safe in an emergency is to know what to do and how to help others. In this calendar you will learn what to do if there is a nuclear accident, chemical spill or an emergency weather condition such as a tornado or another dangerous condition.

Please share this information. Make sure your family knows what to do if an emergency occurs. Talk over the information with people at your work. Discuss it with your neighbors and friends. Find out if anyone in your neighborhood or workplace will need functional help in an emergency. Inform your neighbors or co-workers if you will need functional help. If you know people who are blind or have difficulty reading, please read this information to them. Make sure they understand it. We want everyone in our communities to be prepared to handle emergencies calmly and safely.

Sincerely,

*Indiana Michigan Power  
Berrien County Emergency Management Office  
Michigan State Police Emergency Management and Homeland Security Division*

## CALL IF YOU HAVE QUESTIONS OR REQUESTS

Please call or write either of the offices below if you:

- Have questions or comments about the calendar.
- Need more information about emergency preparedness.
- Need more copies of the calendar.
- Would like to schedule a guest speaker to discuss the Berrien County Emergency Plan with your organization, company or service club.

### COOK ENERGY INFORMATION CENTER

800-548-2555  
One Cook Place  
Bridgman, MI 49106

### DIVISION OF BERRIEN COUNTY SHERIFF'S OFFICE BERRIEN COUNTY EMERGENCY MANAGEMENT

269-983-7111, Ext. 4915  
2100 E. Empire Ave.  
Benton Harbor, MI 49022

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# Breaking through the “glass ceiling” in the nuclear power industry

## MEET OUR NEW PLANT MANAGER, KELLY FERNEAU

In January 2018, Kelly Ferneau became our 16th plant manager since American Electric Power (AEP) began the construction of Cook Nuclear Plant in 1969. But she marks another milestone in our nearly 50-year history. She is our first female plant manager. Here are excerpts from a recent conversation with her:

**Q: Not many women choose a career in nuclear power. Did you always want to work at a nuclear plant?**

**A:** Yes, and I wanted to work here. When I was going to high school in Indiana, we took a class tour of the Cook Plant. I was excited to be here and knew right then that I wanted to work in a nuclear power plant. So, I got my Bachelor of Science degree in mechanical engineering from Trine University in Angola and started my nuclear career at Exelon’s Byron Generating Station in northern Illinois. During my 18 years working with them, I held various positions including being a senior reactor operator and shift manager. I then worked four years at the Entergy Palisades Nuclear Plant in Covert and joined the Cook Plant as plant operations director in 2013. I am so energized by my job. It’s a career I encourage young people, especially women, to pursue, too.

**Q: There is a lot of focus on using natural gas and renewable energy to generate electricity. Why is it important that Cook Plant be part of the picture?**

**A:** Cook Plant is vital because it is a constant source of electricity. There are no fuel supply problems in the winter as there can be with coal or natural gas. We generate power whether or not the wind is blowing or the sun is shining. And just like wind and solar, Cook Plant produces zero carbon emissions. The government needs to level the rate structure playing field by recognizing the additional benefits of a reliable baseload and clean power source like nuclear.



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**“Kelly’s skill set goes well beyond the necessary plant operational knowledge and experience. She has a unique combination of resolve, humility and the leadership ability to develop teams and work for the greater good of the organization.” — Shane Lies, site vice president**

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**Q: What makes you proudest of the people you work with at the Cook Plant?**

**A:** I work with a very talented group of men and women who have high standards. As plant manager, I am responsible for the safe and reliable operation of Cook and they make that possible. But what really impresses me is how unselfish our employees are. They jump in, come in on their time off and stay over when needed. It’s a very professional atmosphere.

**Q: What do you enjoy most about living in Southwest Michigan?**

**A:** My husband Mike and I live in Benton Harbor. I love Lake Michigan. It feels like I’m on vacation every time I walk along the bluff in St. Joseph. I even love when it snows. But I also like how giving people are in this area. There are lots of opportunities to work with charitable organizations. It’s a great place to call home.



*Plant manager Kelly Ferneau works closely with employees to ensure the safe, reliable and cost-effective operation of the plant. “There’s no compromising on safety.”*





# January

WINTRY PIER | ST. JOSEPH  
Molly Pate | Berrien Springs



# JANUARY

SUNDAY                      MONDAY                      TUESDAY                      WEDNESDAY                      THURSDAY                      FRIDAY                      SATURDAY

<p><b>SAFETY TIP:</b> Do you need extra copies of this Emergency Information Calendar for your work or home? Email <a href="mailto:cookinfo@aep.com">cookinfo@aep.com</a>.</p>		<p>1 <b>NEW YEAR'S DAY</b> KWANZAA ENDS</p>	<p>2</p>	<p>3</p>	<p>4</p>	<p>5 <b>Siren Test 1 p.m.</b></p>
<p>6</p>	<p>7</p>	<p>8</p>	<p>9</p>	<p>10</p>	<p>11</p>	<p>12</p>
<p>13</p>	<p>14</p>	<p>15</p>	<p>16</p>	<p>17</p>	<p>18 <b>Hunter Ice Festival</b> Jan. 18-20, Niles</p>	<p>19</p>
<p>20</p>	<p>21 <b>MARTIN LUTHER KING JR. DAY</b></p>	<p>22</p>	<p>23</p>	<p>24</p>	<p>25 <b>7th Annual Chili Tour</b> St. Joseph</p>	<p>26 <b>4th Annual St. Joe Winter Beer Fest</b>, Downtown St. Joseph</p>
<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>	<p>31</p>	 <p><b>Start taking photos for next year's calendar!</b> See details on back.</p>	





# February

MICHIGAN WINTER | COLOMA  
Jeannee Yermakoff | Coloma



# FEBRUARY

SUNDAY                      MONDAY                      TUESDAY                      WEDNESDAY                      THURSDAY                      FRIDAY                      SATURDAY

**SAFETY TIP:** Read the inside front cover and pages 15-20 for important emergency information. Then display this calendar where you can access it fast.



Seeking photographs of all four seasons in beautiful Berrien County. Details on back cover.

**1** 15th Annual Magical Ice Fest  
Feb. 1-3, St. Joseph

**2** Siren Test 1 p.m.  
GROUNDHOG DAY

3

4

**5** CHINESE NEW YEAR

6

**7** Family Fun Night, Thursdays through  
May 23, Silver Beach Carousel  
St. Joseph

**8** Art Exhibition, Feb. 8-Apr. 10  
Krasl Art Center, St. Joseph

9

10

11

12

13

**14** VALENTINE'S DAY  
Cornerstone Chamber  
Business Recognition Breakfast  
Grand Upton Hall  
Benton Harbor

**15** Home & Garden Expo  
Feb. 15-17  
LMC Mendel Center  
Benton Harbor

16

17

**18** PRESIDENTS' DAY

19

20

21

22

**23** Edible Horticulture  
Fernwood Botanical Garden  
Niles

24

25

26

27

28





# March

STEPPING STONES | ST. JOSEPH

Kyle Bainter | Traverse City

# MARCH

SUNDAY                      MONDAY                      TUESDAY                      WEDNESDAY                      THURSDAY                      FRIDAY                      SATURDAY

**SAFETY TIP:** Will you or someone you know need transportation help in the event of an emergency? Complete and mail today the postcard on pages 15 and 16.



Send in your best photos starting in May. See contest details on back cover.

<p>1</p>		<p>2 <b>Siren Test 1 p.m.</b> March Mannequins St. Joseph</p>				
<p>3</p>	<p>4</p>	<p>5 <b>MARDI GRAS</b></p>	<p>6 <b>ASH WEDNESDAY</b> <b>LENT BEGINS</b></p>	<p>7 Family Fun Night, Thursdays through May 23, Silver Beach Carousel St. Joseph</p>	<p>8</p>	<p>9</p>
<p>10 <b>DAYLIGHT SAVING TIME BEGINS</b> Mr. Blossomtime Pageant &amp; Showcase of Queens LMC Mendel Center Benton Harbor</p>	<p>11 Miss Blossomtime Pageant LMC Mendel Center Benton Harbor</p>	<p>12</p>	<p>13</p>	<p>14</p>	<p>15 <b>NTAA Spring Art Hop</b> Benton Harbor Arts District</p>	<p>16 <b>St. Patrick's Day Evening</b> Lighted Parade, Coloma</p>
<p>17 <b>ST. PATRICK'S DAY</b></p>	<p>18</p>	<p>19</p>	<p>20 <b>FIRST DAY OF SPRING</b> <b>VERNAL EQUINOX</b></p>	<p>21</p>	<p>22</p>	<p>23 <b>Ferwood Spring Symposium</b> Ferwood Botanical Garden Niles</p>
<p>24</p>	<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>
<p>31</p>						






# April

SYMBOL OF AMERICA | SAWYER  
Paul Lawson | New Carlisle, IN

# APRIL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4 Family Fun Night, Thursdays through May 23, Silver Beach Carousel St. Joseph	5	6 Siren Test 1 p.m. for 3 minutes
7	8	9	10 Berrien County Parks Dept. Reduce Reuse Recycle Day Lake Michigan College Benton Harbor	11	12	13
14 PALM SUNDAY	15 TAX DAY	16	17	18 LENT ENDS	19 GOOD FRIDAY PASSOVER BEGINS	20
21 EASTER SUNDAY Easter Brunch Fernwood Botanical Garden Niles	22 EARTH DAY	23	24 ADMINISTRATIVE PROFESSIONALS DAY	25 TAKE OUR DAUGHTERS AND SONS TO WORK DAY	26 ARBOR DAY Art Attack, Apr. 26-28 Harbor Country	27 PASSOVER ENDS
28 Blossomtime Festival annual Blessing of the Blossoms	29	30	<div style="background-color: #f0e68c; padding: 10px; border: 1px solid #ccc;"> <p><b>SAFETY TIP:</b> We will test the emergency warning sirens for 3 minutes on April 6. For more information, read page 15.</p> </div> <div style="border: 1px solid #00728f; padding: 10px; display: inline-block; margin-top: 10px;">  <p><b>Seeking photographs of all seasons in Berrien County. See back cover.</b></p> </div>			





# May

SLEEPY GOSLINGS | ST. JOSEPH

Craig Seymour | Watervliet

# MAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>SAFETY TIP: Get an Emergency Information Card for your boat or camper. Call 800-548-2555.</b></p>			1	2 Family Fun Night, Thursdays through May 23, Silver Beach Carousel St. Joseph Blossomtime Youth Parade Dickinson Stadium St. Joseph High School	3	4 <b>Siren Test 1 p.m.</b> Spring Garden Festival Fernwood Botanical Garden, Niles Blossomtime Grand Floral Parade St. Joseph & Benton Harbor
5 CINCO DE MAYO RAMADAN BEGINS Antiques on the Bluff, St. Joseph	6	7	8	9	10	11
12 MOTHER'S DAY Mother's Day Brunch Fernwood Botanical Garden Niles	13	14	15	16	17	18 ARMED FORCES DAY BBQ, Blues & Bluegrass: A Taste of Michigan, St. Joseph Community Recycling Event SEBC Landfill Recycle Center Buchanan Renaissance Faire May 18-19, Niles
19	20	21	22	23	24 Memorial Day Parade St. Joseph	25 St. Joe Farmers Market Saturdays through Oct. 12 St. Joseph
26 Weko Beach Summer Concert Bridgman	27 MEMORIAL DAY	28	29	30	31 Art Exhibition, May 31-Jul. 28 Krasl Art Center, St. Joseph	





# June

APPROACHING STORM | ST. JOSEPH

Richard Pletz | Eau Claire



# JUNE

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

**SAFETY TIP:** If you raise livestock, your first priority is to protect dairy cows. Read how on page 18.



Seeking photographs of all four seasons in beautiful Berrien County. Details on back cover.

**1 Siren Test 1 p.m.**  
Lake Bluff Artisan Faire  
St. Joseph  
St. Joe Farmers Market, Saturdays through Oct. 12, St. Joseph

**2** Antiques on the Bluff, St. Joseph

**3**

**4** RAMADAN ENDS

**5**

**6** D-DAY

**7**

**8** Three Oaks Flag Day 5K Run/Walk  
Three Oaks

**9** Flag Day Parade, Three Oaks

**10**

**11**

**12**

**13**

**14** FLAG DAY  
NTAA Summer Art Hop  
Benton Harbor Arts District

**15** Community Recycling Event  
New Buffalo Township  
Fire Station  
Garden Party, Fernwood  
Botanical Garden, Niles

**16** FATHER'S DAY  
Weko Beach Summer Concert  
Bridgman

**17**

**18**

**19**

**20** Village-Wide Yard Sale  
Jun. 20-23  
Berrien Springs & Eau Claire

**21** FIRST DAY OF SUMMER  
SUMMER SOLSTICE  
Friday Night Concert Series  
St. Joseph

**22**

**23** Weko Beach Summer Concert  
Bridgman

**24**

**25**

**26** Brown Bag Concert Series  
Wednesdays through Aug. 21  
St. Joseph

**27**

**28** Friday Night Concert Series  
St. Joseph

**29**

**30**





# July

FIRE DROPLETS | STEVENSVILLE

Ryan Lemke | St. Joseph



JUNE

SUN MON TUE WED THU FRI SAT SUN MON TUE WED THU FRI SAT SUN MON TUE WED THU FRI SAT SUN MON TUE WED THU FRI SAT

JULY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3 Brown Bag Concert Series Wednesdays through Aug. 21 St. Joseph Baroda Fireworks Baroda Legion Field	4 <b>INDEPENDENCE DAY</b>	5 Friday Night Concert Series Fridays, Jul. 5, 19 & 26 St. Joseph	6 <b>Siren Test 1 p.m.</b> St. Joe Farmers Market Saturdays through Oct. 12 St. Joseph
7 Antiques on the Bluff, St. Joseph	8	9 59th Annual Golf Outing & Steak Fry Harbor Shores Golf Club Benton Harbor	10	11 Celebrate Bridgman Jul. 11-14 Downtown Bridgman	12 Krasl Block Party Krasl Art Center, St. Joseph	13 Krasl Art Fair on the Bluff Jul. 13-14, St. Joseph
14 Weko Beach Summer Concert Bridgman	15	16	17	18	19 Mike Yore Memorial Car Show St. Joseph Fernwood Friday Fernwood Botanical Garden Niles	20
21 Weko Beach Summer Concert Bridgman	22	23	24	25	26	27
28	29	30	31	<p><b>SAFETY TIP:</b> In some emergencies it may be safer to stay inside rather than evacuate. Follow instructions carefully.</p>		

AUGUST

SUN MON TUE WED THU FRI SAT SUN MON TUE WED THU FRI SAT SUN MON TUE WED THU FRI SAT SUN MON TUE WED THU FRI SAT






# August

A DIFFERENT PERSPECTIVE | BENTON HARBOR  
Jolyn Martindale | Stevensville



# AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>SAFETY TIP:</b> Be prepared. Make an emergency kit. See pages 16 and 20 for ideas.</p>		 <p><b>Submit your best shot by Sept. 6. See contest rules on back cover.</b></p>		1	<p>2 Lighted Bridge Bash Dash &amp; Dragon Boat Races, Niles Coloma Glad Peach Festival Aug. 2-4 23rd Annual Chalk the Block Aug. 2-4, St. Joseph Notre Dame Shakespeare Festival Fernwood Botanical Garden, Niles Friday Night Concert Series Fridays, Aug. 2-30, St. Joseph</p>	<p>3 <b>Siren Test 1 p.m.</b> St. Joe Farmers Market Saturdays through Oct. 12 St. Joseph Dragon Boat Races Riverfront Park, Niles Fort St. Joseph Archaeology Open House, Aug. 3-4, Niles</p>
<p>4 Antiques on the Bluff, St. Joseph Weko Beach Summer Concert Bridgman</p>	5	6	<p>7 Brown Bag Concert Series Wednesdays through Aug. 21 St. Joseph</p>	8	<p>9 Art Exhibition, Aug. 9-Sept. 29 Krasl Art Center, St. Joseph</p>	10
11	<p>12 Berrien County Youth Fair Aug. 12-17, Berrien Springs</p>	13	<p>14 Community Recycling Event Love Creek County Park Berrien Center</p>	15	16	17
<p>18 Weko Beach Summer Concert Bridgman</p>	19	20	21	22	23	24
25	26	27	28	29	30	<p>31 Lake Bluff Artisan Faire St. Joseph</p>





# September

FARMERS MARKET | ST. JOSEPH

Steven Campbell | St. Joseph


Beets  
\$3/bunch

ORGANIC  
Carrots  
\$3/bunch

Yellow Onions  
\$3



# SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Antiques on the Bluff, St. Joseph Weko Beach Summer Concert Bridgman	2 <b>LABOR DAY</b>	3	4	5 Family Fun Nights, Thursdays Silver Beach Carousel, St. Joseph	6	7 <b>Siren Test 1 p.m.</b> St. Joe Farmers Market Saturdays through Oct. 12 St. Joseph
8 <b>GRANDPARENTS DAY</b>	9	10	11 <b>PATRIOT DAY</b>	12	13	14 NTAA Artoberfest Benton Harbor Arts District
15	16	17	18	19	20	21 Four Flags Area Apple Festival Youth Day, Niles 7th Annual Fall Fest, St. Joseph Community Recycling Event Silver Beach County Park St. Joseph
22	23 <b>FIRST DAY OF FALL AUTUMNAL EQUINOX</b>	24	25	26 Four Flags Area Apple Festival Sept. 26-29, Niles	27	28 46th Apple Cider Century Tour Three Oaks Elementary School
29 <b>ROSH HASHANAH BEGINS</b>	30	<p><b>SAFETY TIP:</b> If you are told to seek shelter or stay indoors, DO NOT pick up your children from school or day care until you are told it is safe to do so by authorities.</p>				 <p><b>Submit your best shot by Sept. 6. See contest rules on back cover.</b></p>






# October

COLORFUL SUNRISE | BENTON HARBOR

Julie Carlson | Benton Harbor



# OCTOBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>SAFETY TIP:</b> If you have questions about the emergency information in this calendar, call 800-548-2555.</p>		<p><b>1</b> ROSH HASHANAH ENDS</p>	<p><b>2</b></p>	<p><b>3</b> Family Fun Nights, Thursdays Silver Beach Carousel, St. Joseph</p>	<p><b>4</b> Art Exhibition, Oct. 4-Nov. 24 Krasl Art Center, St. Joseph</p>	<p><b>5</b> <b>Siren Test 1 p.m.</b> St. Joe Farmers Market St. Joseph 40th Annual Chapel Hill Arts &amp; Crafts Show, Berrien County Youth Fairgrounds, Berrien Springs</p>
<p><b>6</b> Antiques on the Bluff, St. Joseph</p>	<p><b>7</b></p>	<p><b>8</b> YOM KIPPUR BEGINS Fall Trade Fair, Grand Upton Hall Mendel Center, Benton Harbor</p>	<p><b>9</b> YOM KIPPUR ENDS</p>	<p><b>10</b></p>	<p><b>11</b> NTAAs Fall Art Hop Benton Harbor Arts District</p>	<p><b>12</b> St. Joe Farmers Market St. Joseph Community Recycling Event SEBC Landfill Recycle Center Buchanan</p>
<p><b>13</b></p>	<p><b>14</b> COLUMBUS DAY</p>	<p><b>15</b></p>	<p><b>16</b> BOSS'S DAY</p>	<p><b>17</b></p>	<p><b>18</b></p>	<p><b>19</b> SWEETEST DAY</p>
<p><b>20</b></p>	<p><b>21</b></p>	<p><b>22</b></p>	<p><b>23</b></p>	<p><b>24</b></p>	<p><b>25</b></p>	<p><b>26</b> Halloween Happening Fernwood Botanical Garden Niles</p>
<p><b>27</b></p>	<p><b>28</b></p>	<p><b>29</b></p>	<p><b>30</b></p>	<p><b>31</b> HALLOWEEN Downtown Trick-or-Treat St. Joseph</p>	 <p><b>Seeking photographs of all seasons in Berrien County. See back cover.</b></p>	





# November

SNOWY OWL | STEVENSVILLE

Bob Conrad | St. Joseph



# NOVEMBER

SUNDAY                      MONDAY                      TUESDAY                      WEDNESDAY                      THURSDAY                      FRIDAY                      SATURDAY

**SAFETY TIP:** Minimize telephone or internet use during a serious emergency. It is important to keep lines open for emergency use.



Enter our 2021 Emergency Information Calendar Photo Contest beginning in May at [CookCalendarPhotos.com](http://CookCalendarPhotos.com).

**1** Holiday Market Preview Party  
Fernwood Botanical Garden, Niles

**2** **Siren Test 1 p.m.**  
Holiday Market  
Fernwood Botanical Garden, Niles

**3** DAYLIGHT SAVING TIME ENDS

**4**

**5** ELECTION DAY

**6**

**7** Family Fun Nights, Thursdays  
Silver Beach Carousel, St. Joseph

**8**

**9**

**10**

**11** VETERANS DAY

**12**

**13**

**14**

**15**

**16** Annual Holiday Open House  
Niles History Center

**17**

**18**

**19**

**20**

**21**

**22** 25th Annual Luminary Festival  
St. Joseph

**23**

**24**

**25**

**26**

**27**

**28** THANKSGIVING DAY

**29**

**30** Small Business Saturday  
Downtown Niles  
Small Business Saturday  
Downtown St. Joseph






# December

COUNTRY CHRISTMAS | BARODA

Laurie Schmidtke | St. Joseph

# DECEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 ADVENT BEGINS	2	3 GIVING TUESDAY	4	5 Family Fun Nights, Thursdays Silver Beach Carousel, St. Joseph	6 Window Wonderland Downtown St. Joseph NTAA Winter Art Hop Benton Harbor Arts District	7 <b>Siren Test 1 p.m.</b> <b>PEARL HARBOR DAY</b> Breakfast with Santa, Saturdays through Dec. 21, Fernwood Botanical Garden, Niles  21st Annual Reindog Holiday Parade; Santa's House opens St. Joseph
8 Santa's House open Downtown St. Joseph	9	10	11	12 Kindle Your Christmas Spirit Downtown Berrien Springs  Santa's House open Thursday-Sunday, Dec. 12-15 Downtown St. Joseph	13	14
15	16	17	18	19 Santa's House open Thursday-Monday, Dec. 19-23 Downtown St. Joseph	20	21 <b>FIRST DAY OF WINTER</b> <b>WINTER SOLSTICE</b>
22 HANUKKAH BEGINS	23	24 CHRISTMAS EVE ADVENT ENDS	25 CHRISTMAS DAY	26 KWANZAA BEGINS	27	28
29	30 HANUKKAH ENDS	31 NEW YEAR'S EVE	<div data-bbox="945 1220 1486 1369" data-label="Text"> <p><b>SAFETY TIP:</b> If you have not received your 2020 Emergency Information Calendar by December 20, email <a href="mailto:cookinfo@aep.com">cookinfo@aep.com</a>.</p> </div> <div data-bbox="1491 1220 1984 1369" data-label="Complex-Block">  <p><b>Seeking photographs of all seasons in Berrien County. See back cover.</b></p> </div>			



# WHAT TO DO IF YOU HEAR EMERGENCY WARNING SIRENS

In Berrien County, we use early-warning sirens and cell phone texts to alert you of a serious emergency. Such emergencies include a nuclear accident, chemical spill, severe weather or other possible dangerous condition in our county.

- ▶ **If the emergency warning siren sounds for three to five minutes, tune to any TV station or radio station listed in this section, or check your cell phone or other wireless communication device for emergency messages.** Berrien County uses a national alert and warning system to send emergency messages to you.
  - Emergency Alert System (EAS) messages are sent through TV and radio stations. All of the TV and radio stations listed here are part of the EAS. Some of the stations may experience a delay in getting emergency information out due to computerized programming or limited broadcast scheduling. Check all of the listed stations until you find one that is broadcasting emergency information.
  - Cell phones and other wireless devices receive Wireless Emergency Alerts (WEA). If your wireless carrier participates in the WEA system you will receive emergency alerts automatically. WEA messages are not charged to your wireless data plan.
- ▶ **If you hear an emergency siren that lasts for less than a minute or a siren that repeats in less-than-a-minute intervals, it is probably calling a volunteer fire department.** To be sure, tune to any radio or TV station listed here or check your cell phone for emergency messages.
- ▶ **If you notice that an emergency siren is damaged or not working, call 269-926-2638 immediately.** The Berrien County Emergency Management Office maintains the sirens. For your protection, report non-working sirens right away.

## Vacationers and Visitors

**If you hear emergency sirens while vacationing or visiting in the area, seek shelter indoors or in your vehicle.** Tune to one of the TV or radio stations listed on this page. Follow all directions given by park officials, sheriff and police officers. **During a weather emergency, do not stay in your vehicle. It is not safe!**

## Boaters and Campers

**If you hear emergency sirens while boating, do not wait for further warning.** Tune to the marine channel 16 (156.8 MHz) or to an area radio station listed on the right for emergency information. Marine patrol boats will also warn boaters on Lake Michigan if there is a serious emergency. You will be told the location of safe waterways and docking areas.

**If you hear emergency sirens while camping, hiking, swimming or visiting in area parks, follow all emergency instructions from park officials.** At Warren Dunes and Grand Mere state parks, officials will use the public address system or mobile alert units to let you know what to do. At other local parks, immediately tune to an area radio station listed on the right and follow instructions.



### THE SIRENS ARE TESTED ON THE FIRST SATURDAY OF THE MONTH AT 1 P.M.

All monthly tests, except for April, consist of a short siren sound lasting less than a minute. On the first Saturday of April, we test all emergency warning sirens for three minutes at 1 p.m. as part of our comprehensive safety plan. At other times, you may hear sound-level tests also lasting less than a minute.

## Area radio and TV stations

### TUNE TO ONE OF THESE RADIO OR TV STATIONS FOR EMERGENCY INFORMATION

Radio			
AM	FM		
WNIL - 1290	WAUS - 90.7	WEFM - 95.9	WQLQ - 99.9
WSJM - 1400	WSJM - 94.9	WYTZ - 97.5	WCSY - 103.7
	WAOR - 95.3	WCXT - 98.3	WIRX - 107.1

TV		
WNDU - NBC 16	WSBT - CBS 22	WBND - ABC 57
WNDU - NBC 16.1	WSBT - CBS 22.1	WBND - ABC 57.1
WNDU - 16.2	WSBT - FOX 22.2	

All call letters are accurate at the time of printing. All stations are on the air 24 hours. Check your cable or satellite provider for your channel lineup.

**FOLLOW ALL BROADCAST INSTRUCTIONS PROMPTLY. The radio or TV newscaster will tell you what actions you should take, if any.**



## WHAT TO DO IF YOU ARE TOLD TO SEEK SHELTER OR STAY INDOORS

For most emergencies, it is safer to stay indoors. The wind will blow any toxic or poisonous fumes and gases away in a short time. During a severe weather emergency, buildings offer the best protection, especially basements. While indoors, do the following:

- ▶ **Keep calm.** Panic is your worst enemy in any emergency.
- ▶ **Close all windows and doors, and bring pets inside.**
- ▶ **Turn off all air-intake systems** such as fans and air conditioners. Turn down furnace thermostat. Close fireplace dampers.
- ▶ **If your building has a basement, take a radio and go there.**
- ▶ **Do not go outside until you are told it is safe to go out or are told to evacuate.** If you must go outdoors briefly to warn someone during a nuclear emergency, cover your nose and mouth with a cloth towel or scarf.
- ▶ **Do not use the telephone or internet** unless it is absolutely necessary. It's important to keep telephone lines open for emergency use.
- ▶ **Stay out of your car or vehicle in a weather emergency.** Seek shelter in the basement of a nearby building or in a ditch until the weather emergency passes.
- ▶ **Do not pick up children from schools or day care centers.** School staff and child caregivers will keep children in school until it is safe to go out again.

**B-WARN! EMERGENCY ALERTS:** Sign up for Berrien County's opt-in notification system to receive emergency alerts via your landline phones, email and mobile devices. On the [www.bcsheriff.org](http://www.bcsheriff.org) homepage, click on the **Divisions** tab and select **Emergency Management & Homeland Security Division** from the sidebar. Click the **B-WARN!** button, click the **Sign Up Today** button and fill out the form.

**FUNCTIONAL NEEDS: If you might need special help in an emergency, fill out the back of the card to the right and mail it right away.**

In an emergency, a person with a functional need may include anyone with vision or hearing impairments, physical or mental disabilities, or someone who has no means of transportation. If you might need help in an emergency, please fill out the Functional Needs card on the next page and mail it in today. **It is important to note that you should update and mail in your Functional Needs card each year.** The Berrien County Health Department will keep your functional needs information on file for one year. Your information will be kept confidential. Please fill out a new card and mail it in as soon as you receive your new calendar, if needed.

**If you know someone with functional needs who lives within the 10-mile Emergency Planning Zone (see page 16), please volunteer to help them in an emergency.** If this is not practical or possible, please discuss and/or assist them in filling out this emergency card.

## 2019 FUNCTIONAL NEEDS CARD

Cut along this line. 



NO POSTAGE  
NECESSARY  
IF MAILED  
IN THE  
UNITED STATES

### BUSINESS REPLY MAIL

FIRST-CLASS MAIL PERMIT NO. 10 BRIDGMAN MI

POSTAGE WILL BE PAID BY ADDRESSEE

DIVISION OF BERRIEN COUNTY SHERIFF'S OFFICE  
BERRIEN COUNTY EMERGENCY MANAGEMENT  
2100 E EMPIRE AVE  
BENTON HARBOR MI 49022-9895



FOLD HERE

**If you have functional needs,  
fill out the other side of this card.  
Cut this card out, fold and seal it,  
then put it into the mail.**



## WHAT TO DO IF YOU ARE TOLD TO EVACUATE

Cook Nuclear Public Inquiry Line: 866-362-3105

- ▶ **Listen to the radio or TV (see page 15) for instructions.** They will give you evacuation routes and directions to open reception centers.
- ▶ **Go directly to a reception center and register.** Follow the broadcasted evacuation route instructions to the nearest open reception center. Please register when you arrive so family and friends will know where you are. After you have registered you may go to stay with friends or family who live outside the danger area. Or, if you prefer, you will be assigned to a safe, nearby gathering place.
- ▶ **Stay calm.** You and others with you should have time to get ready to leave safely.
- ▶ **Take only essential items.** Pack as if you were going on a trip for only a few days. Use the list below as a guide.
- ▶ **Do not take firearms, alcoholic beverages or illegal drugs.**
- ▶ **If you have functional needs and have sent in a postcard,** you will receive necessary assistance. If you need help, listen to a local TV or radio station listed on page 15 for the telephone number you can call.
- ▶ **Have a plan for your pets.** Currently, reception centers will only accept pets if they are service animals. Make arrangements to stay with relatives, friends or at a pet-friendly hotel outside of the area. Bring an emergency pet kit (see the checklist below). For more information, go to [ready.gov/caring-animals](http://ready.gov/caring-animals), [PetTravel.com](http://PetTravel.com) and [PetsWelcome.com](http://PetsWelcome.com).
- ▶ **Turn off small appliances, lights and water faucets.** However, leave your refrigerator and freezer on.
- ▶ **Turn off all air-intake systems** such as fans and air conditioning. Turn down furnace thermostat. Close fireplace dampers.
- ▶ **Close and lock all windows and doors.** The evacuated area will be secured and you will not be allowed to return until it is safe.
- ▶ **Check on neighbors.** Make sure they know how to evacuate and that they have transportation.

**IMPORTANT: Do not pick up your children from schools or child care centers. If necessary, they will be taken to shelters outside the danger zone. Listen for directions on TV or radio stations (see page 15) about where and when they can be picked up. Do not worry if you or family members are in a hospital or other special-care facility, as they also have emergency procedures.**

## 2019 FUNCTIONAL NEEDS INFORMATION

If you have functional needs, please fill in this card, fold, seal it with tape and mail today!  
You must send in a card each year to keep our files up-to-date.

NAME: \_\_\_\_\_

STREET ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_

ZIP: \_\_\_\_\_

PHONE: (        ) \_\_\_\_\_

If there are special directions to your home, please contact Berrien County  
Emergency Management at 269-983-7111, Ext. 4915.

### IF YOU ARE A PART-TIME RESIDENT, PLEASE CIRCLE THE MONTHS YOU STAY IN BERRIEN COUNTY:

JAN    FEB    MAR    APR    MAY    JUN    JUL    AUG    SEPT    OCT    NOV    DEC

### YOUR FUNCTIONAL NEED (CIRCLE ALL THAT APPLY):

VISION-IMPAIRED    HEARING/SPEECH-IMPAIRED    WHEELCHAIR    WALKER/CANE    BEDRIDDEN  
VENTILATOR    OXYGEN    OTHER: \_\_\_\_\_

### TRANSPORTATION INFORMATION:

Could a family member or friend give you transportation if you were asked to evacuate in an emergency?  
YES \_\_\_\_\_ NO \_\_\_\_\_ POSSIBLY \_\_\_\_\_

### PET INFORMATION:

Do you have pets at home that would require attention if you were asked to evacuate in an emergency?  
If so, indicate the number of:

CATS: \_\_\_\_\_

DOGS: \_\_\_\_\_

SERVICE DOGS: \_\_\_\_\_

OTHER (DESCRIBE): \_\_\_\_\_

### EMERGENCY CONTACTS:

PRIMARY: \_\_\_\_\_

RELATIONSHIP: \_\_\_\_\_

PHONE: \_\_\_\_\_

ALTERNATE: \_\_\_\_\_

RELATIONSHIP: \_\_\_\_\_

PHONE: \_\_\_\_\_

## What to Bring With You

- ❑ **Basics:** this calendar, cash, portable radio, flashlight, extra batteries, keys, tool kit, credit/debit cards, checkbook, wallet, purse, cell phone and charger
- ❑ **Bedding:** blankets, pillows, sleeping bags
- ❑ **Toiletries:** soap, towels, toothpaste, toothbrushes, razors, sanitary supplies
- ❑ **Special items:** special-diet foods, baby formula and bottles, diapers, favorite toys or games
- ❑ **Health supplies:** medicines, glasses, dentures, hearing aids, first-aid kit, prescription information
- ❑ **Identification:** driver's license, credit cards, important papers
- ❑ **Pet supplies:** food, water, medicines, leashes, tags

### ONCE YOU ARE IN YOUR VEHICLE

- **Drive carefully.** There is no need to speed. Follow directions of all sheriff, police and traffic officers.
- **Close all windows and vents.** Shut off heating and air conditioning.
- **Listen to the radio (see page 15).** Follow emergency instructions broadcast on your car or portable radio. You will be told when it is safe to return.

## Reception Center Locations

The locations of the four reception centers are listed below. Listen to an area radio or TV station (see page 15) to learn which reception centers are open.

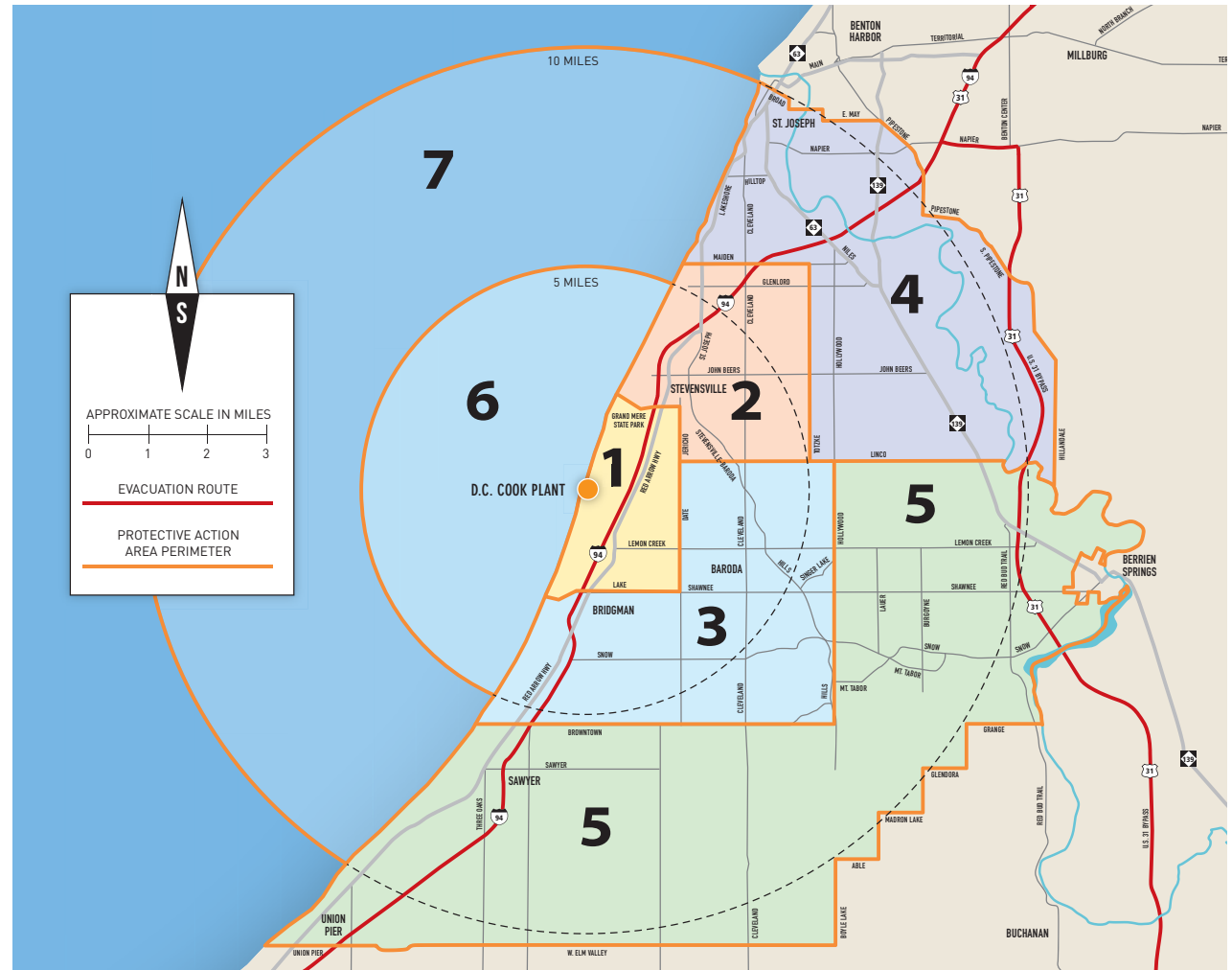
<p><b>BRANDYWINE HIGH SCHOOL</b> 1700 Bell Road, Niles (South of Niles &amp; East of M-51)</p>
<p><b>COLOMA HIGH SCHOOL</b> 300 W. St. Joseph Street, Coloma (Red Arrow Highway)</p>
<p><b>NEW BUFFALO HIGH SCHOOL</b> 1112 E. Clay Street, New Buffalo (South of US-12)</p>
<p><b>WATERVLiet HIGH SCHOOL</b> 450 E. St. Joseph Street, Watervliet (Red Arrow Highway)</p>

## Cook Nuclear Plant Emergency Planning Zone

The circled area in the map is a 10-mile radius surrounding Cook Nuclear Plant in Bridgman known as the Emergency Planning Zone (EPZ). The early-warning siren system for Berrien County is within the EPZ. When necessary, area TV and radio stations (see page 15) will alert people living inside the EPZ when there is an emergency.

Inside the EPZ are the Protective Action Areas for the Cook Nuclear Plant. During an emergency, these areas will be identified by the numbers shown in the map. For example, the TV or radio station may say, "Protective Action Area 1 must evacuate," or, "Protective Action Area 2 must take shelter." Know which Protective Action Area you live, work or are boating in so you can respond promptly to instructions.

During an emergency, listen to area TV or radio stations and follow the official evacuation instructions to the reception center you are to use.





# IMPORTANT NUCLEAR EMERGENCY TERMS AND RADIATION FACTS

## Nuclear Emergency Terms

In the unlikely event that there is an emergency at the Cook Nuclear Plant, four terms will be used to describe each situation. Those four terms are explained below. They are listed in order of least serious (1) to most serious (4).

Because of the many safeguards and highly skilled people operating the Cook Nuclear Plant, it is very unlikely that a serious event will ever occur there. Chances of you having to seek shelter or evacuate because of a nuclear emergency are very remote. In most cases, evacuation is ordered as a safety measure before any danger can come to you or your family. Federal law, however, requires that the public be told what to do in case of a significant release of radioactive material from the Cook Nuclear Plant. Please keep this Emergency Information Calendar handy and become familiar with its contents.

Sometimes you will hear news about a drill or an exercise involving the Cook Nuclear Plant. That is because federal, state, county and plant officials are required by law to participate regularly in drills and exercises so they are prepared in case of an emergency.

**Remember, you will hear early-warning sirens if shelter or evacuation is necessary. See page 15.**

If the sirens sound, listen to an area TV or radio station for emergency information (see list on page 15) and follow instructions.

- 1. UNUSUAL EVENT:** a minor problem at the Cook Nuclear Plant that varies from normal or routine operations. No release of radioactive material is expected. Cook Plant officials will notify federal, state and county officials. You will not have to do anything.
- 2. ALERT:** an abnormal plant condition that could result in a small release of radioactive material inside the plant. This is still considered a minor event. Cook Plant officials will notify federal, state and county officials to stand by. It is not likely that you will have to do anything.
- 3. SITE AREA EMERGENCY:** a more serious situation that could result in a release of radioactive material around the plant site. All federal, state and county officials will be ready to help if needed. Protective measures may be required to ensure the safety of the public in a limited area near the plant site boundary. If so, the sirens may sound. Tune in immediately to an area TV or radio station (see page 15) to learn whether you will need to seek shelter or evacuate.

**4. GENERAL EMERGENCY:** the most serious situation possible at the Cook Nuclear Plant. It could result in the release of a large amount of radioactive material outside the plant boundary. All federal, state and county officials will provide help as needed. Protective measures may be required to ensure the safety of the public as far as 10 miles from the plant. The sirens will sound and you will be told by area TV and radio stations (see page 15) if shelter or evacuation is necessary.

## TWO OTHER KEY TERMS: RADIATION AND CONTAMINATION

- ▶ **Radiation** refers to the particles and waves given off by radioactive material. It is a form of energy that occurs naturally and artificially. We are exposed to it every day. However, radiation could be harmful to your health and safety if the levels are high enough and the exposure lasts long enough.
- ▶ **Contamination** is when radioactive material is where it is not supposed to be. Food, water or air is considered contaminated if it contains more or different types of radioactive material than would be normally present. Our bodies, for example, contain very small amounts of the radioactive elements potassium-40, carbon-14 and tritium. We are not considered to be contaminated because these elements exist within us naturally. However, the presence of strontium-90 (a possible by-product of a nuclear power plant emergency) in food, air or water can indicate contamination.

## Facts About Radiation

### RADIATION IS A NATURAL FACT OF LIFE

Radiation is a form of energy like light or sunshine. There is radiation all around us. We are exposed to small amounts of radioactive materials every moment of our lives.

### HOW WE MEASURE RADIATION

You cannot see, taste, hear or smell ionizing radiation. But we can measure it with special instruments. We use a unit called a millirem (mRem) to measure ionizing radiation.

On average, a person living in the U.S. receives about 620 mRem per year from all radiation sources. A person living within 10 miles of the Cook Nuclear Plant receives about 485 mRem because we live at a low elevation that is not near any radioactive rock formations. About 310 mRem of the total we receive comes from man-made sources, primarily medical testing. Only a tiny fraction of one percent of the man-made radiation would come from the Cook Plant.

## NATURAL BACKGROUND RADIATION IS IN THE AIR WE BREATHE

The sun covers our planet with cosmic radiation. Some rocks and minerals give off small amounts of radiation. One source you may be familiar with is radon gas. Many building materials contain radiation. In fact, radioactive particles are in the air we breathe, the food we eat and the water we drink. Even our bodies are slightly radioactive. These sources of radiation are called natural background radiation.

Natural background radiation sources (measured in mRem per year)		
Air: 200	Cosmic rays: 30	Earth & rocks: 46
Food & water: 40	Building materials: 7	

## WE MAKE AND USE RADIOACTIVE SOURCES EVERY DAY

Besides naturally occurring radiation, there is also artificial (man-made) radiation. Radioactive materials are used in medical and dental X-rays. They are used to help diagnose and treat diseases such as cancer. Science and industry use radioactive materials for research and to do such things as X-ray welds. Other sources of radioactive materials are TVs, smoke detectors, some luminous-dial watches and clocks. Very small amounts of radiation come from generating electricity with nuclear power.

Artificial radiation sources (measured in mRem per year)	
Chest X-ray: 10	Coast-to-coast airline flight: 2.5
Viewing TV 1 hour/day: 1	Living by the Cook Plant: < 1

## Types of Radiation

Radiation includes such things as light, heat and radio waves. However, when we speak of radiation we usually mean "ionizing" radiation. This radiation can produce high-energy, charged particles called "ions" in the materials it strikes.

### THE MAIN TYPES OF IONIZING RADIATION ARE:

- Alpha particles, which can be stopped by a sheet of paper.
- Beta particles, which can be stopped by a thin sheet of metal.
- Gamma rays, which can be stopped almost completely by three feet of concrete.
- Neutron particles, which can be stopped by water, concrete and metal.

## Effects of Radiation

Just as too much exposure to the sun can cause painful sunburn, too much exposure to certain levels and types of radiation can have harmful effects. You would, however, have to be exposed to radiation doses over 20,000 mRem within a day to produce effects measurable by a trained doctor. Very large doses of 50,000 to 100,000 mRem are required before you would feel any ill effects.

The amount of exposure from radiation depends on:

- Length of time you are exposed.
- How far you are from the source of radiation.
- Which part of your body is exposed.
- How much material you inhale or take into your body.

Your health or physical condition can affect your reaction to radiation exposure. For example, you should be aware that **unborn babies and very young children are more likely to be harmed by radiation exposure.**

The less radiation you are exposed to, the less chance you have of receiving any harmful effects. That is why it is so important to have an emergency plan in place near a nuclear power plant. We need to treat radiation with both caution and common sense.

Cook Nuclear Plant workers regularly check radiation levels both inside and outside the plant. In the unlikely event of a serious nuclear accident at the plant, state and federal health experts would be called in to take radiation readings beyond the plant site boundary. These readings would determine what steps, if any, you, your family and co-workers would need to take to protect yourselves.

## State of Michigan Potassium Iodide Distribution

Radioactive iodine (radioiodine) is one of the products that could be released in the unlikely event of a serious nuclear power plant accident. Potassium iodide (KI) is a non-radioactive form of iodine that may be taken to reduce the amount of radioactive iodine absorbed by the body's thyroid gland. KI offers protection only to the thyroid gland and its use would be to supplement evacuation and in-place sheltering. Evacuation and in-place sheltering are the primary means of protection in a radiological emergency.

State and county officials will use the Emergency Alert System (EAS) to notify the public of the need to evacuate, to seek shelter in place, or to take KI. KI is available to persons within 10 miles of Cook Nuclear Plant through the Michigan Department of Health and Human Services (MDHHS). **Detailed instructions on the MDHHS distribution of KI can be found on page 19 of this calendar or [www.michigan.gov/KI](http://www.michigan.gov/KI).** It is necessary to pick up your KI prior to an emergency situation at the plant. Complete your voucher and pick up your KI at a participating pharmacy at your earliest convenience. **You will NOT be able to get KI from the pharmacy during a nuclear plant emergency.**

People who are allergic to iodine should not use KI. In the event of an allergic reaction, contact a doctor.



# NOTICE TO FARMERS, FOOD PROCESSORS AND DISTRIBUTORS

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## HOW YOU WILL BE NOTIFIED IN A NUCLEAR EMERGENCY

The State of Michigan will evaluate the seriousness of a nuclear accident. It will order actions to protect the public and the food supply.

- ▶ **If you live within 10 miles of the Cook Nuclear Plant**, your first warning may be the sounding of emergency sirens. If you hear a siren for three to five minutes, tune to a radio or TV station listed on page 15 for emergency information.
- ▶ **If you live farther than 10 miles from the plant**, you will be notified by area radio and TV stations (see page 15). The news report will let you know if you need to take protective action, or a Cooperative Extension Service official will contact you. Please follow the emergency instructions right away.
- ▶ **If you have questions about a real or potential emergency**, please contact the Michigan Department of Agriculture and Rural Development at 800-292-3939 during business hours (8 a.m.-5 p.m.). After hours, call 517-373-0440.

## WHAT TO DO IF YOU ARE TOLD TO SEEK SHELTER

During a nuclear emergency, it is very important to limit your outdoor activities as much as possible. Please stay indoors and follow the instructions provided in radio and TV messages (see page 15).

## WHAT TO DO IF YOU ARE ORDERED TO EVACUATE YOUR FARM

If you live within 10 miles of the Cook Nuclear Plant, you may be told to evacuate. You may be permitted, with directions from the state, to reenter the evacuated area temporarily to tend to the needs of your farm. You will receive instructions on what routes to use, safety precautions and decontamination procedures.

Your Cooperative Extension Service agent can provide animal health and feeding guidelines.

## HOW CAN A NUCLEAR EMERGENCY CONTAMINATE FOOD?

During a nuclear emergency, dust-sized, radioactive materials can fall onto fruits, vegetables or grains. This food could enter the food supply and be eaten by the public. For example: Cows could eat grass covered with radioactive iodine-131. Traces of the iodine could be passed through to the milk and then to people who drink it. Iodine-131 has the potential to concentrate in the human thyroid gland where it could cause thyroid cancer.

## PROTECTING THE FOOD SUPPLY DURING A NUCLEAR EMERGENCY

Following a nuclear emergency, the public could be exposed to radioactive material in several ways. At first, particles and gases released into the air could be ingested or inhaled directly. Additional exposure could result from eating or drinking food or milk contaminated by traces of radioactive material. Farmers, food processors and distributors will be required to take steps to protect the food supply. Every step will be taken to minimize or avoid contamination. Please read this page and the next to learn how to protect the food supply in the event of a nuclear emergency.

## SAMPLES WILL BE COLLECTED TO DETERMINE PROTECTIVE ACTION

In the event of an accidental release of radioactive material, State of Michigan emergency workers will determine what protective steps you will need to take. Emergency workers will collect samples of air, water and soil to see whether there is radioactive contamination, where it is located and the amount. Samples of milk, forage, crops and processed foods also may be taken. Field data and other factors will be used by the state to determine the best course of action to protect the public and the food supply.

Samples may be taken from as far away as 50 miles from the plant site. State of Michigan emergency workers will give farmers, food processors and distributors outside of the 10-mile radius of the Cook Nuclear Plant specific instructions on how to collect and test samples.

## SAMPLES ARE BEING TAKEN NOW TO GIVE US A BASELINE

Radioactive materials occur naturally in the environment. So Indiana Michigan Power and State of Michigan emergency workers continually take samples of the air, water, milk, vegetation and animal life near the Cook Nuclear Plant. This gives them a "natural" baseline for comparison in the event of a nuclear emergency.

## HOW TO PROTECT YOUR WATER SUPPLY IN A NUCLEAR EMERGENCY

Store as much water as you can for your livestock. Cover open wells, tanks and other storage containers. Close off the intakes from contaminated ponds, streams or cisterns. In general, water from wells and water heaters should be safe to use.

Radioactive contaminants deposited on the ground usually will travel very slowly into the soil. If contaminants fall onto the surface of lakes and rivers, the radioactive materials may get into the ground water supplies. It takes just a few hours for streams and lakes to carry the contaminants many miles.

## HOW TO PROTECT YOUR LIVESTOCK OR POULTRY IN A NUCLEAR EMERGENCY

The first priority is to protect dairy animals because radioactive materials can quickly enter the food chain through milk and other dairy products. If sheltering is required, shelter your dairy animals first.

Shelter livestock in covered barns or sheds unless the weather is extremely hot or other factors make sheltering impossible. Provide your animals with stored feed such as hay, silage and bagged grain. Whenever possible, draw water for your animals from a well. Avoid using water from ponds, rivers and creeks. This will help to minimize the amount of radioactive material ingested by your animals.

Poultry are more resistant to radioactive contamination than other farm animals. Keep them in your enclosed facility and continue to give them stored feed and well water. If your poultry are normally kept outdoors, bring them inside if possible. Eggshells provide natural protection from contamination.

**IMPORTANT: Do not destroy any animals, crops, milk or feed supplies unless directed by authorities to do so.**

## DO NOT DESTROY YOUR ANIMALS

Destroy your animals only if you get orders from state or federal authorities. Do not slaughter any animals except for immediate food needs. Generally, animals that are exposed to radioactive contaminants and radioactive rainwater will survive. Many will be marketable and safe for humans to eat. However, do not allow animals to graze in open fields unless the State of Michigan, your Cooperative Extension Service agent or another government official gives you permission.

## WHAT TO DO IF FEED IS RADIOACTIVELY CONTAMINATED

Only in extreme emergencies may you feed your livestock contaminated grain or hay. If you must use the contaminated feed, you may be able to reduce the level of contamination. For example, if the feed is stored outside, the contamination may be greater at or near the surface of the feed pile. You may be able to reduce the contamination level significantly by removing the top portion. Government officials may restrict the movement of feed products and withhold them from the marketplace if they are suspected to be contaminated, until they are assessed to be safe.

Do not dispose of contaminated feed or hay unless spoilage has made it inedible. Generally, contaminated products may be salvageable after adequate time passes and they are properly processed. Please keep contaminated feed supplies separate from other feed so the contamination does not spread. Your Cooperative Extension Service agent can provide you with specific information.

## WHO PAYS FOR LOST OR DESTROYED FARM PRODUCTS?

Farmers, food processors and distributors could face serious financial losses following a nuclear emergency. Under federal law, you will be reimbursed for any of these losses.

The Price-Anderson Act, enacted by Congress in 1957, requires the operators of nuclear power plants and certain other nuclear facilities to purchase nuclear liability insurance policies for the protection of the public. As a result, no-fault insurance pools are in place to pay claims promptly without lengthy court hearings. Claimants need only prove that the injury or property damage resulted from the nuclear emergency. Commercial insurance policies exclude coverage for nuclear emergencies because the Price-Anderson Act makes coverage unnecessary.

## WHAT TO DO WITH FOOD AND PRODUCTS CONTAMINATED IN A NUCLEAR EMERGENCY

After an event, there may be additional guidance from government officials on food, fruits and vegetables, feed, and animal health.

### Crops in the field

Let your standing crops grow to maturity. The level of radiation exposure they will receive should not affect their growth. Most contaminants will be washed off in the rain. Or, over time, the crops will return to safe levels as they grow. If special harvesting procedures are required, your Cooperative Extension Service agent will give you instructions. Government officials may restrict the movement of crops and agricultural products and withhold them from the marketplace if they are suspected to be contaminated, until they are assessed to be safe.

### Roots and tubers

Potatoes, carrots and plants that mature under the ground generally are safe to eat. Make sure to thoroughly wash and peel these products to remove soil particles and contaminants.

### Fruits and vegetables in the field

Unprotected plants may have particles of radioactive contamination on their surfaces. Before eating them, wash thoroughly. Then brush, scrub or peel the outer layers. Some leafy vegetables may be eaten after you remove the outer layers.

If your crops do not need to be harvested immediately, leave them in the field or on the trees. They should be able to be harvested once your area is declared safe again.

You may lose some ripe fruits and vegetables to spoilage. Contamination levels in your area may be too high for field workers to harvest your crop in a timely manner. You will be reimbursed for crop losses. Government officials may restrict the movement of crops and agricultural products and withhold them from the marketplace if they are suspected to be contaminated, until they are assessed to be safe.

### Honey and apiary products

Following a nuclear emergency, State of Michigan emergency workers will need to take samples and analyze honey and beehives in the Protective Action Areas. Contact your Cooperative Extension Service agent for guidance.



## NOTICE TO FARMERS, FOOD PROCESSORS AND DISTRIBUTORS *CONTINUED*

**IMPORTANT: Do not destroy any animals, crops, milk or feed supplies unless directed by authorities to do so.**

### **Farm products**

If radioactive particles or material are present in large amounts, you may be advised not to use, eat or sell garden produce or animal products until samples are taken and analyzed. State of Michigan emergency workers will conduct the sample tests and analysis. Please follow their orders to protect the public's and your safety.

### **Milk**

Milk contaminated at low levels of iodine-131 may be converted to powdered milk or cheese. Then it will be stored until the iodine's radioactivity diminishes to safe levels. It may also be used in animal feed.

### **Wildlife and plants**

After a nuclear emergency, wild game such as deer, rabbit, squirrel, pheasant and partridge may eat food and water contaminated with radioactive particles. State of Michigan emergency workers may advise you not to eat wild game until it has been sampled and assessed to be safe. Wild edible plants, such as native herbs, mushrooms, dandelion greens, spearmint, peppermint or wintergreen may have particles of contamination on their surfaces, too. Before eating, be sure to wash, brush, scrub or peel to minimize contamination.

### **HOW SOON WILL THE RADIOACTIVITY REACH SAFE LEVELS?**

The speed that radioactivity diminishes depends on several things. Inert gases released from a nuclear power plant lose their radioactivity within minutes. Wind or heavy rain tend to remove radioactive material from plants very quickly. In some cases, however, a hard rain after a nuclear emergency may splash contaminated soil onto plant surfaces. This will increase the amount of radioactive material on low-standing plants.

### **WHAT STEPS CAN BE TAKEN TO RESTORE CONTAMINATED SOILS?**

There are several steps that can be taken to restore soils contaminated in a nuclear emergency. One is not to use the soil for a period of time. In a worst-case situation, heavily contaminated soil may need to be removed and sent to an approved radioactive waste disposal facility. Such drastic action may not be possible for large fields, but may be used for small plots or areas such as walkways near buildings where people come in close contact with it.

In less severe situations, fiber crops may be planted instead of fruits and vegetables. Deep plowing may be used to keep the radioactive contaminants below the root zone until the radioactivity decays to safe levels over time. Liming may also be used to limit the absorption of specific radioactive elements by crops.

Farmers will receive guidance from the United States Department of Agriculture's Natural Resources Conservation Service on how to restore valuable soils to productive use.

### **WHAT SHOULD FOOD PROCESSORS AND DISTRIBUTORS DO IN A NUCLEAR EMERGENCY?**

After a nuclear emergency, government officials may restrict the movement of contaminated food products or withhold them from the marketplace. These products should not be released until they are considered safe for consumption or a decision is made to dispose of them. State of Michigan emergency workers will instruct you on how to safely handle and dispose of contaminated food products.

The environmental damage caused by a nuclear reaction may be short-lived. Steps can be taken to make a full recovery.

### **For more information, contact:**

#### **MSU-BERRIEN COUNTY COOPERATIVE EXTENSION SERVICE**

269-944-4126

1737 Hillandale Road

Benton Harbor, MI 49022

<http://msue.anr.msu.edu/county/info/berrien>

### **If you have questions about a real or potential emergency, you may also contact:**

#### **MICHIGAN DEPARTMENT OF AGRICULTURE AND RURAL DEVELOPMENT**

800-292-3939

[www.michigan.gov/mdard](http://www.michigan.gov/mdard)



**Potassium iodide (KI) is available at no cost to people who live or work within 10 miles of the Cook Nuclear Plant in Berrien County, Michigan. This insert explains what KI is used for and how you can get it. To get your KI tablets, please read the information in this calendar, complete the voucher on the next page and take it to one of the participating pharmacies listed. Please get your tablets now so you are ready if you are ever asked to take them. You will NOT be able to get KI from the pharmacy during a nuclear plant emergency.**

**If you already have KI tablets from this program, check the expiration date on the box. If it has expired, go to one of the pharmacies listed on the next page to replace your KI with a new supply.**

The Michigan Department of Health and Human Services (MDHHS) runs the KI program. For more information, contact:

Phone: 517-335-8150  
(8 a.m. to 5 p.m.)  
Email: mdhhs-ki@michigan.gov  
Online: www.michigan.gov/KI

## Potassium Iodide (KI) Facts

### What is KI?

KI (the chemical name for the drug is “potassium iodide”) is a non-prescription iodine pill. Iodine is an element that is found in nature and is also an important part of your diet. Because iodide is so important to your health, it is added to table salt. Table salt cannot be used as a replacement for KI.

### How does KI work?

In the unlikely event of a serious accident at a nuclear power plant, one form of radiation, radioactive iodine, could be released into the air. This type of radiation can be stored in your thyroid gland. This can cause thyroid cancer or other thyroid problems over time. Children are most at risk of thyroid injury from exposure to radioactive iodine. KI protects your thyroid by filling it up with a safe form of iodine so that it can't take in radioactive iodine.

Keeping your thyroid gland healthy is important because it produces hormones that manage your heart rate, blood pressure, temperature and other essential body functions. It is important to know that KI does not protect your whole body from radioactive material – it only protects the thyroid.

### How can I get KI?

Take the enclosed voucher to one of the participating pharmacies. The pharmacy will give you the amount of KI that you need. Place it in a safe, dry location and keep it in its foil packet. You should keep it on hand as part of your emergency supply kit. Be sure to get your KI now. You will not be able to get it from the pharmacy during a nuclear power plant emergency.

### When should I take KI?

**Take KI only if a “General Emergency” has been declared at the Cook Nuclear Plant.** If the emergency sirens sound for three minutes or more, tune to your local radio or television station. Follow the instructions given by emergency officials. You may be instructed to shelter-in-place or evacuate. You should only take KI if the announcements say that the power plant

Use the information in this chart to take the correct amount for one dose.

AGE	WEIGHT	DOSE
18+ years	Any weight	Two (2) 65 mg tablets <i>Including pregnant or breastfeeding women</i>
12-18 years	150 lbs. or more	Two (2) 65 mg tablets
12-18 years	Less than 150 lbs.	One (1) 65 mg tablet
3-12 years	Any weight	One (1) 65 mg tablet
1 month-3 years	Any weight	Half (1/2) 65 mg tablet, crushed into a liquid. <i>Instructions for crushing and mixing will be provided by the pharmacy and can be found at www.michigan.gov/ki</i>
Birth-1 month	Any weight	Quarter (1/4) 65 mg tablet crushed into a liquid. <i>Instructions for crushing and mixing will be provided by the pharmacy and can be found at www.michigan.gov/ki</i>

has declared a “General Emergency,” the most serious type of plant emergency. If you are told to evacuate and don't have your KI readily available, don't waste time searching for it. Evacuating or sheltering-in-place is the best way to protect yourself from harm due to radiation.

### How much KI should I take?

One dose protects the thyroid for 24 hours. You should be safely evacuated within 24 hours. Taking more than the recommended dose will not help you and may increase the risk of side effects. See the chart above for dose guidelines.

### What side effects could I have from taking KI?

KI can cause minor side effects. You could have an upset stomach or swelling in your mouth. If you have a serious reaction such as fever, joint pain, swelling of the face or body or trouble breathing, get medical help right away.

### Who should NOT take KI?

**You should not take KI if:**

- You are allergic to iodine. A shellfish allergy may

not mean that you are allergic to iodine. Talk to your doctor if you have a shellfish allergy and are unsure if you should take KI.

- You have dermatitis herpetiformis (DH) or hypocomplementemic urticarial vasculitis (HUV) syndrome, two very rare skin conditions.

Check with your doctor if you already have a thyroid condition or you are unsure whether or not to take KI.

### How does this program apply to businesses?

Businesses with more than 200 employees, clients or patients should contact MDHHS to arrange for delivery of KI. If your business chooses to participate in the program, it is responsible for having a dispensing plan that complies with these instructions. If your business chooses not to participate or has less than 200 employees, clients, or patients, you can provide a copy of this fact sheet to your employees to obtain their personal supply of KI at one of the designated pharmacies.



## Read this information before signing the KI voucher.

**Signing the voucher means that you understand and agree to the following:**

### I UNDERSTAND THAT:

- KI is an over-the-counter, non-prescription drug.
- KI is to be taken only when a General Emergency has been declared at the Cook Nuclear Plant.
- KI is NOT a substitute for evacuation or sheltering-in-place.
- KI only protects the thyroid gland from radioactive iodine. It does not protect the rest of the body. In a nuclear power plant emergency, there could be health risks from other forms of radiation.
- Although taking KI is usually safe, it can cause problems in people who have thyroid disease or are allergic to iodine. People who have dermatitis herpetiformis or hypocomplementemic urticarial vasculitis (HUV), two very rare skin diseases, should talk to their doctor before taking KI.

### I AGREE THAT:

- I have read the potassium iodide (KI) fact sheet and will follow all instructions on how to use KI.
- I will follow the instructions of emergency officials.
- I will hold the pharmacy harmless from all liability, claims, suits or actions related to the use, delivery, labeling and packaging of KI.

### Additional agreements for businesses

- I own or represent the business/institution named on the voucher.
- This business/institution will provide information on dosing and medical contraindications to all employees/clients prior to distributing KI. This information is provided in each box of KI and on the MDHHS website at [www.michigan.gov/ki](http://www.michigan.gov/ki).

### To qualify to receive KI tablets for your household or business, you must:

- Live or work within 10 miles of the Cook Nuclear Plant.
- Be 18 years or older.
- Present a government-issued photo ID.

## Participating Pharmacies

### YOU MAY PICK UP YOUR KI TABLETS AT THE FOLLOWING PHARMACIES:

- Meijer Pharmacy 1920 Pipestone Rd., Benton Harbor, MI
- Meijer Pharmacy 5019 Red Arrow Hwy., Stevensville, MI
- Meijer Pharmacy 5150 S. Franklin St., Michigan City, IN
- Meijer Pharmacy 1223 Phoenix St., South Haven, MI

Cut along this line. 

## 2019 Potassium Iodide (KI) Voucher

By signing this form, I agree that I have read the KI information provided and that I am obtaining KI for people who live or work within 10 miles of the Cook Nuclear Plant.

### PLEASE COMPLETE SECTION 1 OR 2

#### 1. REQUESTING KI FOR HOUSEHOLD USE

NAME: \_\_\_\_\_

STREET ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ ZIP: \_\_\_\_\_

COUNTY: \_\_\_\_\_ PHONE: (     ) \_\_\_\_\_

NUMBER OF PEOPLE LIVING AT THIS ADDRESS: \_\_\_\_\_

AGES OF PEOPLE LIVING AT THIS ADDRESS: \_\_\_\_\_

#### 2. REQUESTING KI FOR BUSINESS USE

NAME OF BUSINESS: \_\_\_\_\_

CONTACT NAME: \_\_\_\_\_

STREET ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ ZIP: \_\_\_\_\_

COUNTY: \_\_\_\_\_ PHONE: (     ) \_\_\_\_\_

NUMBER OF EMPLOYEES/PATIENTS/RESIDENTS/CLIENTS AT THIS ADDRESS: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

PHARMACY USE ONLY		
# OF BOXES DISPENSED:	LOT #:	DATE DISPENSED:
PHARMACY NAME:	PHARMACY #:	
CITY:		

## PREPARING FOR AN EMERGENCY EVENT

Emergency situations often catch people off guard. A good way to stay safe in an emergency is to know what to do ahead of time. Here are five steps you can take now to make sure you, your family and your co-workers are prepared to handle any emergency.

**1. After you read this Emergency Information Calendar, please share it with your family or co-workers.** Then display it where you can find it quickly when you need it.

**2. Keep the following items together in a safe, easy-to-get-to place:**

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> Emergency cash         | <input type="checkbox"/> Checkbook       | <input type="checkbox"/> Pet supplies            |
| <input type="checkbox"/> Important papers       | <input type="checkbox"/> Debit cards     | <input type="checkbox"/> Credit cards            |
| <input type="checkbox"/> First-aid kit          | <input type="checkbox"/> Portable radio  | <input type="checkbox"/> Personal identification |
| <input type="checkbox"/> Extra keys             | <input type="checkbox"/> Extra batteries | <input type="checkbox"/> Potassium iodide (KI)   |
| <input type="checkbox"/> Prescription medicines | <input type="checkbox"/> Flashlight      | if obtained in advance                           |

**3. Make a list of personal instructions** that you, your family or co-workers will need to follow in an emergency. Keep a list of supplies you may need with the instructions. Include on your supply list the items in step 2 above and the evacuation supplies listed on page 16.

**4. Keep your vehicle in good running order.** Fill your gas tank whenever it gets below half. If you do not have a car or do not have someone to drive you in an emergency, fill out the Functional Needs card on pages 15 and 16. **Mail the card right away.** You do not need a stamp.

**5. If you know people who have functional needs, make sure they mail in a Functional Needs card.** This may include anyone with vision or hearing impairments, physical or mental disabilities, or someone who has no means of transportation. Please help them fill out the Functional Needs card and return it right away (see pages 15 and 16). We have an emergency team ready to help people reach safety. If you know someone who is vision impaired or has difficulty reading, please assist them with the information in this calendar. Help display it in a visible location if others need it to assist.

### For additional emergency preparedness tips and an online planning guide:

On the [www.bcsheriff.org](http://www.bcsheriff.org) homepage, click on the **Divisions** tab and select **Emergency Management & Homeland Security Division** from the sidebar. Then click **Resources & Guides** for links to helpful Federal, State and local websites.

## IMPORTANT PHONE NUMBERS AND EMERGENCY INFORMATION

List all the phone numbers and emergency information you or a member of your household or business may need in an emergency. Please include names and numbers for your:

**Doctor:** \_\_\_\_\_ **Sheriff:** \_\_\_\_\_

**Hospital:** \_\_\_\_\_ **School:** \_\_\_\_\_

**Ambulance:** \_\_\_\_\_ **Child caregiver:** \_\_\_\_\_

**Dentist:** \_\_\_\_\_ **Neighbor:** \_\_\_\_\_

**Police:** \_\_\_\_\_ **Pharmacist:** \_\_\_\_\_

**Fire:** \_\_\_\_\_ **Work:** \_\_\_\_\_

NAME OF PERSON OR SERVICE	TELEPHONE NUMBER
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Berrien County Emergency Services	911
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Cook Nuclear Public Inquiry Line	866-362-3105
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Use the space below to also list any special health or medical information that an emergency team member may need to know about you, your family members or co-workers.

### SPECIAL HEALTH NEEDS OR EMERGENCY INFORMATION:

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## CONGRATULATIONS TO OUR 2019 GRAND PRIZE WINNER

Ryan Lemke is the \$500 Grand Prize winner of the 2019 Cook Calendar Photo Contest.

After narrowing the selection from 576 photos down to 12 finalists, we asked our Facebook followers to pick their favorite. Ryan's photo *Fire Droplets* received the most "Likes." See it on the July page in this calendar.



### COOK EMPLOYEES BREAK UNITED WAY DONATION RECORD

### CHRISTMAS IN JUNE GETS AN OVERWHELMING RESPONSE

During the summer months, the shelves at Southwest Michigan food pantries grow bare. But many low-income, hardworking families in our communities still need help putting food on their tables. So, the United Way of Southwest Michigan (UWSM) organized a "Christmas in June" Day of Action on June 20, 2018, to help restock area food pantries. Cook Plant's goal was to bring in 1,900 items. Not only did Cook employees exceed their goal, but they also broke last year's record and generously donated 10,876 of the 20,000 items UWSM collected area wide!



Start taking photos NOW for the 2020 Cook Nuclear Plant Emergency Information Calendar!

To be considered for the \$500 prize, eligible photos **must be**:

- ▶ Taken in Berrien County
- ▶ Shot in landscape mode (horizontal)
- ▶ 3300 x 2550 @ 8 megapixels (11" x 8.5" @ 300 dpi) minimum
- ▶ Provided in .jpg or .tif format
- ▶ Limited to 4 submissions per photographer

Complete contest guidelines for 2020 will be posted in May at [www.CookCalendarPhotos.com](http://www.CookCalendarPhotos.com).

**ON THE COVER:** Late summer aerial view of the Cook Nuclear Plant and Lake Michigan shoreline.

All photographs © 2019 Cook Nuclear Plant. This calendar replaces all previous issues.