



2014-2016

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*A United Voice for Public
Transportation in Connecticut*

Connecticut Transportation Updates

Transit Roundtable in Hamden. *Sign Up Today!*

CACT, Transit for Connecticut, AARP, Greater New Haven Transit District and South Central Regional Council of Governments (SCRCOG) are sponsoring a *Transit Roundtable Successes, Challenges and Your Community* on Tuesday, November 18 at Greater New Haven Transit District, 1014 Sherman Ave. Panelists include Jonathan Rubell, *The Kennedy Center*; Donna Carter, *Greater New Haven Transit District*; Mike Sanders, *ConnDOT Transit and Ridesharing Administration*; Paul Doyle, *Estuary Council of Seniors, Inc.*; Carl Amento, *SCRCOG*; Joe Carbone, *The Workplace*; and a member from the business community. **The event is free although space is limited so please *rvsp*.** Register by phone 860-693-0368 or email Mary.cact@yahoo.com. For further information call: Mary Tomolonius 860-693-0368 or Karen Burnaska 203-261-9243.

Transportation Forum in December

On December 3rd, a forum entitled "Getting to Work: Transportation and Jobs Access for the 21st Century" will be held at the LOB from 9 am to 12 noon. Registration will begin at 8:30. The keynote speaker, Robert Puentes, Senior Fellow, Brookings Institution's Metropolitan Policy Program will focus his presentation on transportation and job access and "how to get things done in a climate of fiscal restraint, providing examples of what is being done in other parts of the country." Following Robert's presentation there will be two panels. The first panel will discuss "The Importance of Transportation to Job Access" and the second panel will discuss "Attracting choice riders: Using technology to get around". Following confirmation of our panelists a flyer will be sent out.

Register by phone 860-693-0368 or email Mary.cact@yahoo.com. For further information call: Mary Tomolonius 860-693-0368 or Karen Burnaska 203-261-9243.

Dedication of Middletown Transit District Facility

There will be a dedication ceremony and open house on Friday, November 14, 2014, 1-4 PM (ceremony starts at 2) at the Thomas A. Cheeseman Maintenance and Storage Facility, 91 North Main Street, Middletown. Hors d'oeuvres will be served. R.S.V.P. by November 5, 2014, (860) 346-0212 ext. 2.

Transit Election Webinar

The Center for Transportation Excellence is sponsoring a free webinar on Monday, November 10 from 3-4:30 pm. "The webinar will review how transportation ballot measures fared this election season and learn how communities are using ballot measures to improve their transportation systems."

Register for this webinar at: <https://www2.gotomeeting.com/register/581696826>.

Your Input Needed on TransformCT

The consultants have five possible scenarios for transportation planning and are looking for your feedback. You can review their recommendations and make comments by going to www.transformct.info. The final report is expected in 2015.

Did you know: CTfastrak is a sponsor of the NU Hartford Marathon.



CACT Member Highlight

Steven DeMichele, Transportation Planner – Systems Analyst, with Greater Bridgeport Transit

Steven’s roll at GBT is multifaceted. His work as a planner includes schedule and route development, ridership development and capital program and grant management. As a Systems Analyst, Steven maintains GBT’s ITS technology, mines and analysis data from these systems and helps to ensure that GBT’s operation is efficient, cost effective and benefits the community it services.

Steven has been with GBT for 3 ½ years. Prior to coming to Bridgeport, Steven worked for the University Transportation System, in Durham, NH, as a Dispatch/Supervisor. Steven is a graduate of the University of New Hampshire, with a B.A. in History, Justice Studies and a M.A. in Justice Studies.

Steven was elected to the CACT Board at the June Annual Meeting and Awards Luncheon. He serves as the board secretary.

CACT Member Highlights

If you or a staff member would like to be featured in an upcoming issue, please send your bio and a jpeg photo to Mary Tomolonius at mary.cact@yahoo.com.

Advertising in the CACT Newsletter

The rates are full page \$300; ½ page \$150; and ¼ page \$100. CACT members receive a 10% discount. All ads must be submitted prior to the last week of the month to mary.cact@yahoo.com.

Public Transit Workshop

Do you know someone who needs transportation? The Kennedy Center is sponsoring a “Public Transit 101: A Workshop for Human Service Professionals” on December 11, 1-3 pm at the Brookfield Library, 182 Whisconier Road in Brookfield. You will learn about the transit services available in your region, how to find and use route/schedule information, the services available for commuters, accessibility features of public transit and a free service to assist people to learn to use public transportation.

Email or fax your name, title, email address, organization or agency, mailing address, phone number, fax number and any special accommodations needed to Pat Manzi pmanzi@kennedyctr.org, or fax: (203) 365-8533.

You can contact Pat at (203) 365-8522 ext. 273. Upon receipt of your registration you will receive a confirmation with further event information. *Conducted by The Kennedy Center, Inc. with funding from The Connecticut Department of Transportation.*

It's So Much More Than The Sum Of Its Parts.

Call or email Paul Hubbard:
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-APTA Website

Shaping our Regions Future

RPA, Partnership for Strong Communities, AACT and other organizations sponsored a “Conversation” about The Fourth Regional Plan with panelists Andrea Pereira, Christy Rubenstein, Emil Frankel, Roger Reynolds and Joe McGee. To learn more about The Fourth Regional Plan go to: www.rpa.org/fourth-plan. This is well worth reading.

Calendar

Tuesday, Nov. 18, 8:30 am. Transit Roundtable, Greater New Haven Transit District (registration 8:30 am; Program 9:00-11:00 am)

Thursday, Nov. 20, 9 am. CACT Executive Committee Board Meeting, Middletown Area Transit Meeting Room.

Wednesday, Dec. 3, 9-12 noon. Transportation Forum, LOB, Hartford. Registration at 8:30 am.

Thursday, Dec. 4. NEPTA Annual Dinner Meeting with Guest Speaker, Dr. Beverly A. Scott. FTA will host an Update Panel, followed by a reception and the NEPTA Annual Holiday Dinner Meeting. www.nepta.org

Toolbox Workshop



The Toolbox for Operator Fatigue held on October 22 at Greater New Haven Transit District (thanks Alan Naudus for all your assistance) was a success. Presenter Bill Hines, an NTI Instructor and retired Battalion Chief of the New York City Fire Department began by emphasizing how important fatigue management is. He noted there are no federal guidelines for fatigue and said that fatigue is “a factor in 30-40% of commercial vehicle accidents...costing \$12.5 billion in monetary losses each year...”

The National Highway Traffic Safety Administration noted the impact of operator fatigue includes the cost (accident damages, lost time), operator wellness and customer service. Bill said the TCRR Report #81 offers the NSF Sleep for Success Toolkit.

If you “sleep only 6-7 hours you are twice as likely to be involved in an accident” according to the AAA Foundation for Traffic & Safety, “sleep less than 5 hours increases the risk 4 to 5 times”.

The audience was asked to fill out a workshop sheet on perceptions of fatigue and following a short video were divided into groups to role play on how to coach employees who are demonstrating fatigue on the job.

Bill spoke about the more than 80 medical issues related to sleep issues including insomnia, snoring, sleep apnea, narcolepsy, restless leg syndrome, etc. Treating sleep disorders can include pharmacological treatment, behavioral therapy, devices or appliances and surgery.

“Naps are ok” said Bill, if you have any overwhelming need to sleep, but don’t take naps between 10 am – 1 pm. Of course, good health practices help to, i.e., nutrition, hydration, regular exercise and limited exposure to cigarettes, drugs and alcohol.

TransitNet

Transportation Information Website: TransitNet, www.transitnet.info “a site for people with disabilities, senior citizens, their family members, caregivers, and providers who want to learn more about the transportation options available for them in CT.”

- The Arc. Connecticut. AARP