

The CERT monthly newsletter is available on our webpage at:
<http://www.nassaucountyny.gov/agencies/OEM/CC/CERT/brief.html>

CERT IS
WHAT
YOU
MAKE IT!

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The Drill

By Arnold Hollander, Division 1

The morning started off crisp, the way an autumnal day was supposed to. Driving to the park where the Nassau County Citizens Corps was conducting the simulated disaster took longer than expected; yet I arrived as traffic cones were being set up in the parking area. North Woodmere Park was in the Southern-most section of Valley Stream almost nosing into the borough of Queens County, and just a short swim from JFK Airport’s runways. I was to take part in the moulage section first and drove as close to the Administration building as I could. I was already attired in my CERT clothes and had my CERT ID hanging from a lanyard around my neck. The other CERT volunteers straggled in while we waited for the building’s door to be opened.



Once we accessed the building, an inexplicable one hour delay, we moved swiftly setting up tables and chairs in areas for the makeup to be applied, managing to setup our station just as the first load of volunteer “victims” arrived. We seated the first ten after distributing victim cards

(Continued on page 2)

The Blizzard of February 2013: My Skywarn Snow Accumulation Measuring

By Charleen Turner, Division 3

Who would think that in less than a week after taking a Skywarn Spotters Class at OEM given by Bruce Gronich, that we would be putting our newly learned skills into history-making use with a major blizzard hitting Long Island? Bruce’s presentation was jam-packed with important and necessary information for all those in attendance to leave the class newly certified and prepared to report exceptional weather. Bruce was so well-spoken, entertaining, and extremely informative. Thank you, Bruce.

(Continued on page 9)

The Drill (cont'd from page 1)

indicating the type of injury sustained and the symptoms they were to exhibit. We began by asking if they had an allergy to latex; if they had, they would not have been made up. We applied some Vaseline first to make the removal of the paint easy. Shock victims had white paint applied lightly to the face then wiped gently with a towel to smooth the effect. For burns we dabbed a bit of red paint on a limb, rubbed it, added some blue paint and mixed it on the limb giving a purple color. The impalements were created using broken wooden tongue depressors inserted at an angle into putty smoothed out over an area that was then colored with dabs of red and blue, mixed onto the putty and the surrounding skin. Disembowlements were prefab bits that were attached with putty to the stomach. By 9:30, our first group of victims had been made up and driven to the incident



scene. I left the moulage building and headed for the sign-in post to work the incident scene.

formed up and I found we were missing one team member. I got one other member to join me in returning to the building, climbing back to the second floor, while calling her name. She was behind another door, secreted by the Exercise Controller, in order to test us.

Another incident we faced had several scenarios. We were to do an assessment and determine what we needed as we searched a debris-covered field. We came across fallen wires lying on a chain link fence. Skirting the section of fence with the wires, I attached yellow tape to the open gate, and had the hazard reported to the Command Post, finding out later that I might have been electrocuted as high voltage can jump a distance.

We next came upon a nightmarish scene where there were several drums lined up, while one had been turned on its side. A number of victims lay on the ground, some between the drums, and a white diamond-shaped sign with "Poison" written on it and a number beneath it was attached to a post and faced us. We did not enter the area, but instead we opened a hazard identification book we carry, and found it was not safe to enter the area. The poison was a danger to touch or breathe so we radioed what we found, and then continued to our next scenarios — a fire from a propane tank and a body in the field. Part of my team put out the fire with an extinguisher, while the rest went to the victim, carefully turned him over then placed him on a door we found nearby. We then carried him to a location for him to be picked up and brought to the triage area.



I was formed into a team with five other CERTs and was assigned as team leader. I assigned one of our group the radio, an FRS (Family Radio Service) walkie-talkie, and another a scribe, giving her a form to document our response to the incident, including time of arrival, what we found, and how we responded.

One of the scenarios we responded to had two victims on the second floor of a building. We entered using flashlights as we climbed darkened stairs. Staying together, we advanced through a hallway and found a victim lying in a corner of a room. Ascertaining he was ambulatory, I assigned half my team to escort him down the stairs and with my remaining members continued the search. We located a baby facedown near some fallen chairs. Carefully turning it onto its back while supporting its head, we used a piece of wood to support it, then slowly returned to the stairs and exited the building. Once outside we



April 2013 - Upcoming Events

RACES/Comms Meeting - Thur. April 4th

Meeting in CONFERENCE ROOM A - 2nd Floor
510 Grumman Rd. West, Bethpage, NY
Time: 7 - 9 pm (1900-2100)

CERT Basic Course, Class 3 - Thur. April 4th

Floral Park Village Hall
Floral Park, NY
Time: 7 - 10 pm (1900-2200) - Doors open at 6:30 pm
Classes continue each Thursday through April 25th

Advanced Training: Radio Communications - Mon. April 8th

OEM Lecture Hall
510 Grumman Rd. West, Bethpage, NY
Time: 7 - 9 pm (1900-2100)

CERT Basic Course, Class 4 - Thur. April 11th

Floral Park Village Hall
Floral Park, NY
Time: 7 - 10 pm (1900-2200) - Doors open at 6:30 pm

Division Leaders Meeting - Thur. April 18th

Meeting in CONFERENCE ROOM A - 2nd Floor
510 Grumman Rd. West, Bethpage, NY
Time: 7 pm (1900)

CERT Basic Course, Class 5 - Thur. April 18th

Floral Park Village Hall
Floral Park, NY
Time: 7 - 10 pm (1900-2200) - Doors open at 6:30 pm

Advanced Training: Staging Area Management - Mon. April 22nd - Division 2 Mtg in conjunction

OEM Lecture Hall
510 Grumman Rd. West, Bethpage, NY
Time: 7 pm (1900)

CERT Basic Course, Class 6 - Thur. April 25th

Floral Park Village Hall
Floral Park, NY
Time: 7 - 10 pm (1900-2200) - Doors open at 6:30 pm

Exer. Planning Committee Mtg. - Tues. April 30th

Conference Room A - 2nd Floor
510 Grumman Rd. West, Bethpage, NY
Time: 7 pm (1900)

COMING UP

RACES/Comms Meeting - May 2nd

ICS-100 Course - May 13th & 20th

Division Leaders Meeting - May 23rd

CPR/AED Training - (Tentative) May 7th & 8th
Subject to confirmation

CERT All-County Meeting - May 29th

April 2013						
Sun	Mon	Tues	Wed	Thur	Fri	Sat
	1	2	3	4 RACES CERT Basic	5	6
7	8 Adv Trng	9	10	11 CERT Basic	12	13
14	15	16	17	18 CERT Basic Div Ldrs	19	20
21	22 Adv Trng	23	24	25 CERT Basic	26	27
28	29	30 Exer Planng				

May 2013						
Sun	Mon	Tues	Wed	Thur	Fri	Sat
			1	2 RACES	3	4
5	6	7 CPR/ AED	8 CPR/ AED	9	10	11
12	13 ICS100 Pt 1	14	15	16	17	18
19	20 ICS100 Pt 2	21 Div 2 Mtg	22	23 Div Ldrs Mtg	24	25
26	27	28	29 All Cnty Mtg	30	31	

June 2013						
Sun	Mon	Tues	Wed	Thur	Fri	Sat
						1
2	3 CERT Basic	4	5 Div 1 Mtg	6 RACES	7	8
9	10 CERT Basic	11	12 Div 3 Mtg	13	14	15
16	17 Div 2 CERT Basic	18 Adv Trng	19	20 Div Ldrs Mtg	21	22
23	24 CERT Basic	25	26	27 CART Shelter Trng	28	29
30						

Communications Group Update

I must start this month with a big "Get Well Soon" to Kathleen Ernst RN! Kathleen, although not a Communication Group Member or even a Ham, has been there for us whenever called upon! In fact any of you that attended HRU know she was a bigger draw to the RACES / CERT table than our regular displays! And yes we did take advantage of that! Kathleen is also a Training Officer and teaches our Basic Medical Class along with helping out at all the classes with whatever we ask of her! Well, Kathleen had back surgery in early February and is recuperating nicely, but will be "out of Service" for a while! We wish her all the best and hope to see her mobile soon! Until her return all the instructors will be pulling double duty! Hurry back soon Kathleen!

With the weather transiting from winter to spring and soon after that to summer we must turn our attention from snow to thunder storms and related conditions that come with the changing seasons. For those of us who are Skywarn trained, I suggest reviewing the reporting criteria for the spring and summer weather. And for those Amateur Radio Operators as Jim W2KFV would say "Keep those batteries charged" - very good advice indeed! As always stay alert and stay safe!

And finally Happy Easter and Passover to those who celebrate each!

-73

Bob Long KC2PSN
Nassau County RACES / CERT Chief Radio Officer

Liz Fox Honored !

By Mary Ostop, Division 1



Our very own Liz Fox was one of 13 women honored at "Just Deserts: A Women's History Month Celebration Honoring Nassau's Outstanding Women of Achievement and Benefitting Hurricane Sandy Victims" held at the Old Bethpage Village Restoration on the evening of March 14th, 2013. Liz was nominated to receive this honor by the family of one of the many pets she lovingly cared for while serving as a CERT and Pet Safe Coalition volunteer, and shelter manager for the Nassau County Emergency Pet Shelter.

About 20 other Emergency Pet Shelter volunteers were among the many people present at this event and these volunteers enthusiastically cheered for Liz as she was honored by County Executive Ed Mangano. Quite poetically, news that each one of the last remaining pets now had a permanent or temporary home to go to was received by Liz over a cell phone while at this event, and this news was shared with all those present as she was being honored.

Mission accomplished!



The accompanying photos are courtesy of Robin Fishman, a dedicated Humane Urban Group (HUG) volunteer who served many hours at the Emergency Pet Shelter.



Submit Photos of CERT members in action for publication in future issues of the monthly newsletter.

County Executive Ed Mangano Thanks Volunteers as Nassau's Emergency Pet Shelter Closes

Help was provided for 515 Furry Victims of Superstorm Sandy

Edited by Henry Teja, Division 1

On March 16th, 2013 several CERT Volunteers together with other volunteer organizations' personnel arrived at the relocated Nassau Emergency Pet Shelter to effect closure of the temporary facility. We had to pack up all reusable equipment and supplies that were procured by the Nassau County OEM. Much of the supplies were donated by companies like PETCO and other private sources. Supplies included such items as animal crates and other pet supplies for dogs, cats and other animals, food for the pets, and food for the personnel running the shelter.



Nassau County Executive Edward P. Mangano was joined by volunteers from the Nassau SPCA, Pet Safe Coalition, and HUG at Nassau's Emergency Pet Shelter as they close the doors for a final time after successfully taking care of 515 animals that were victims of Superstorm Sandy. Approximately 55 of the animals were relinquished by their owners, and thanks to the work of everyone involved have either been adopted, fostered, or placed with a rescue group.

"I am very proud of our volunteers from the Nassau SPCA, Pet Safe Coalition, HUG, our County employees, our CERT volunteers, North Shore Animal League America, LIVMA, Bideawee, Long Island Cat Fanciers, Long Island Parrot Society, Shelter Connection, Town of Hempstead Animal Shelter, Town of North Hempstead Animal Shelter, Little Shelter, Forgotten Friends, Girls Scouts, HSUS, and so many other groups and individuals who have donated so generously of their time and resources," said County Executive Mangano. "Working together has helped care for and reunite hundreds of animals with their owners during a traumatic time. In addition, we were able to find new homes, foster homes and rescue groups for countless dogs and cats keeping them

safe from euthanasia. This is a perfect example of the Nassau spirit and how we come together in the face of disaster."

The Nassau County Executive also gave a special recognition to our own CERT volunteer, Liz Fox for the exhausting job she had done to care for the displaced and distressed pets. He also gave special presentation plaques to the Nassau County SPCA, the Pet Safe Coalition, and North Shore Animal League. He then invited all present CERT volunteers to join him and his team to the podium for a photo op and exposure to the press.

In preparation for Superstorm Sandy, County Executive Mangano directed the Nassau County Office of Emergency Management to open the Emergency Pet Shelter with the assistance of Nassau County SPCA, the Pet Safe Coalition, and the North Shore Animal League America, and several CERT volunteers. On October 28th, North Shore Animal League America set up two of their Mobile Rescue and Adoption Units to aide in the sheltering of displaced pets at the Mitchell Field Athletic Complex. The shelter was then moved, post-Sandy, to a larger location, Mitchell Field Gymnasium, to accommodate the number of animals that were displaced due to the storm.

Nassau County had kept the shelter open to help ease the stresses of those affected by the devastation caused by Superstorm Sandy, offering temporary shelter for their displaced pets and providing care to ensure their safety and well-being. In total the shelter has taken care of approximately 515 animals. Owners had been able to visit their pets daily.



Nassau County Emergency Pet Shelter Deactivated



Photos by Al Piotrovsky

A Brief Guide to Mold, Moisture, and Your Home

Reprinted from the U.S. EPA website <http://www.epa.gov/mold/moldbasics.html>

- The key to mold control is moisture control.
- If mold is a problem in your home, you should clean up the mold promptly *and* fix the water problem.
- It is important to dry water-damaged areas and items within 24-48 hours to prevent mold growth.

Why is mold growing in my home?

Molds come in many colors; both white and black molds are shown here.

Molds are part of the natural environment. Outdoors, molds play a part in nature by breaking down dead organic matter such as fallen leaves and dead trees, but indoors, mold growth should be avoided. Molds reproduce by means of tiny spores; the spores are invisible to the naked eye and float through outdoor and indoor air. Mold may begin growing indoors when mold spores land on surfaces that are wet. There are many types of mold, and none of them will grow without water or moisture.



Mold growing outdoors on firewood

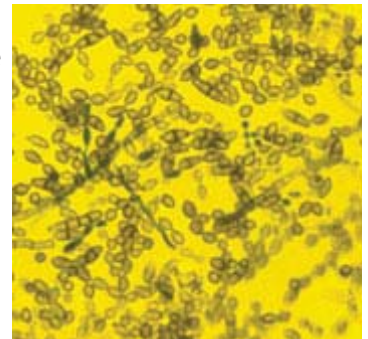
Can mold cause health problems?

Molds are usually not a problem indoors, unless mold spores land on a wet or damp spot and begin growing. Molds have the potential to cause health problems. Molds produce allergens (substances that can cause allergic reactions), irritants, and in some cases, potentially toxic substances (mycotoxins). Inhaling or touching mold or mold spores may cause allergic reactions in sensitive individuals. Allergic responses include hay fever-type symptoms, such as sneezing, runny nose, red eyes, and skin rash (dermatitis). Allergic reactions to mold are common. They can be immediate or delayed. Molds can also cause asthma attacks in people with asthma who are allergic to mold. In addition, mold exposure can irritate the eyes, skin, nose, throat, and lungs of both mold-allergic and non-allergic people. Symptoms other than the allergic and irritant types are not commonly reported as a result of inhaling mold. Research on mold and health effects is ongoing. This brochure provides a brief overview; it does not describe all potential health effects related to mold exposure. For more detailed information consult a health professional. You may also wish to consult your state or local health department.

How do I get rid of mold?

Molds gradually destroy the things they grow on. You can prevent damage to your home and furnishings, save money, and avoid potential health problems by controlling moisture and eliminating mold growth.

It is impossible to get rid of all mold and mold spores indoors; some mold spores will be found floating through the air and in house dust. The mold spores will not grow if moisture is not present. Indoor mold growth can and should be prevented or controlled by controlling moisture indoors. If there is mold growth in your home, you must clean up the mold **and** fix the water problem. If you clean up the mold, but don't fix the water problem, then, most likely, the mold problem will come back.



Magnified mold spores

Use the following links for mold cleanup and prevention guidelines:

<http://www.epa.gov/mold/moldcleanup.html>

<http://www.epa.gov/mold/whattowear.html>

<http://www.epa.gov/mold/preventionandcontrol.html>

<http://www.epa.gov/mold/hiddenmold.html>

Additional Resource

The publication, "[Mold Remediation in Schools and Commercial Buildings](#)", is available in [HTML](#) and [PDF](#) (56 pp., 1.6 M) [EPA 402-K-01-001, reprinted September 2008]



Time to Get Those Hours In !

It's time to submit your hours for the 1st Quarter of 2013 – that's January, February and March. The quarterly timesheets will be sent out once again for anyone who has misplaced them. Here below are the guidelines for applying your CERT hours to Administrative or Activation columns on the Quarterly Timesheet.

1) **Administrative hours** includes attending and preparing for:

- meetings,
- training classes,
- writing meeting minutes or reports,
- reading and responding to emails regarding training, tabling events, or other CERT activities, and
- CERT-related phone calls.

Time spent speaking to others about CERT (to neighbors, civic groups and other organizations) should be included in the Administrative hours. Tabling events (e.g. street fairs and conferences) are also in this category.

2) If you signed in and out on a Class Sign-in Sheet for a CERT-sponsored training class or a CERT meeting (Division, Team, Planning, General Staff, Comms, etc.), you **should not report attendance hours** on your timesheet — the hours you attended will be reported from the class or meeting sign-in sheet. However, do report your preparation and travel time.

3) **Activation hours** includes time spent volunteering when:

- activated for an emergency,
- a large-scale planned event,
- a mission request (e.g. phone support at OEM), or
- an emergency drill or exercise.

This should include participation in drills and exercises for organization other than CERT, if your participation was solicited through CERT (e.g., role-play as victims or travelers at emergency drills at airports). Preparing for the event, activating the phone tree, sending or replying to notification emails, and writing notes, observations, or an After Action Report following the activation or mission should be included in the Activation hours column.

4) Always include travel time to and from the event location in the daily total, under the appropriate category for the event (Admin or Activation).

Timesheets should be forwarded to OEMCERT@nassaucountyny.gov by Monday, 15 April - same deadline as your income taxes ! Timesheets are available on the Nassau County CERT website:

<http://www.nassaucountyny.gov/agencies/OEM/CC/CERT/certforms.html>



Product Notice — Emergency Power Device

Ready America 70801 Emergency Power Station - Price range \$25 - \$30

Manufacturer's Product Description

Keep this 4 Function Emergency Power Station on hand for use in any emergency. It works as a flashlight, radio, siren and cell phone charger. No batteries needed. Crank the handle 1 minute for up to 30 minutes of bright light, 2 minutes of talk time on your cell phone, and 15 minutes of radio. The handle doubles as a stand. Includes 3 cell phone plugs for iPhone*, Droid*, and Mini-USB (for Blackberry, MP3, MP4, and Motorola V3/V6). Most Motorola, Samsung, and Sony-Ericsson cell phones can be powered.

* Customer reviews indicate that iPhone 3 and 4 and some Droids are NOT SUPPORTED by the charger.

NOTE: This is not an endorsement of this product. Members are encouraged to investigate the features and manufacturer's claims before making any product purchases. This is provided merely for information.



The Blizzard of February 2013 *(Continued from page 1)*

The Blizzard

Long Island was given ample warning throughout the 1st week in February 2013 that preceded the blizzard that we were in for a huge dumping of snow. As an eager and proud new spotter, I was ready when I received the email that we were activated.



The day before the storm, I made my snow gauge. I found a 10"x7 1/2" piece of white particle board and I was thrilled that it had a small hole in it to rig my measuring stick. I took two metal chopsticks and duct taped them together to create a measuring gauge and

then placed my measuring stick chopsticks through the hole in the board: duck-taping it into place (gotta love duct tape) and put a koosh-ball on the top so I could find it easily in the snow. I made a little flag from oaktag and wrote "Skywarn Snow Gauge" in permanent marker and then used wide clear tape to seal it from the elements and then clear-taped that to the measuring chop sticks. Tah-dah: my home-made snow gauge was completed! I felt like an elementary school kid who just finished making a science project.

Figuring out where to place it out of the wind was a bit of a challenge but the large courtyard between two buildings just a few steps (about 75 steps) from my home, provided a place for the gauge protected from upcoming wind and drifting snow.

I had planned to go out every hour and then sleep all night and then measure in the morning. Every hour I donned my snow gear and went out to measure. For the first few hours, I just shuffled my feet to clear a path to my gauge and then wiped away the snow on the white board with my mittened hand. I soon realized that it would not be sufficient so I then had to shovel my way to the gauge each hour and then

used a counter brush to get rid of the snow on my white board after each measuring with a yard stick. As the snow fell harder and harder, and within one of the hours, 5 inches fell, it became so exciting that I wound up staying up all night until the snow finally stopped. During the last couple of hours I questioned the wisdom of not sleeping but I knew that I was committed to measure until the snow ceased.

When I finally emailed my last report, feeling so accomplished for successfully measuring 29 inches total of snow, I bundled up with even more layers and trudged on foot to explore The Village of Huntington and Heckscher Park. At sunrise, it was just me, the plows and the unique silence that a blanketing of snow brings. Forging my way through the deep snow was exhausting but exhilarating at the same time. I finally went to sleep in the late morning so content with my little snow measuring contribution.

Here are my recordings:

BLIZZARD SNOWFALL ACCUMULATION FOR HUNTINGTON, NY

FRIDAY, FEBRUARY 8, 2013

<u>TIME</u>	<u>NEW SNOW</u>	<u>TOTAL</u>
1:57 PM	1.50"	1.50"
2:57 PM	.75"	2.25"
3:57 PM	1.00"	3.25"
4:57 PM	1.00"	4.25"
5:57 PM	2.25"	6.50"
6:57 PM	1.00"	7.50"
7:57 PM	.75"	8.25"
10:47 PM	4.00"	12.25"
11:47 PM	4.00"	16.25"

SATURDAY, FEBRUARY 9, 2013

<u>TIME</u>	<u>NEW SNOW</u>	<u>TOTAL</u>
12:47 AM	5:00"	21.25"
1:47 AM	2.00"	23.25"
2:47 AM	2.00"	25.25"
3:47 AM	1.00"	26.25"
4:47 AM	2.50"	28.75"
5:47 AM	.25"	29.00"



The deadline for submission of news, photos, and articles for the May edition of the newsletter is April 26th.

Escape Planning

Plan Ahead! If a fire breaks out in your home, you may have only a few minutes to get out safely once the smoke alarm sounds. Everyone needs to know what to do and where to go if there is a fire.

SAFETY TIPS

- » MAKE a home escape plan. Draw a map of your home showing all doors and windows. Discuss the plan with everyone in your home.
- » KNOW at least two ways out of every room, if possible. Make sure all doors and windows leading outside open easily.
- » HAVE an outside meeting place (like a tree, light pole or mailbox) a safe distance from the home where everyone should meet.
- » PRACTICE your home fire drill at night and during the day with everyone in your home, twice a year.
- » PRACTICE using different ways out.
- » TEACH children how to escape on their own in case you can't help them.
- » CLOSE doors behind you as you leave.

IF THE ALARM SOUNDS...

- » If the smoke alarm sounds, GET OUT AND STAY OUT. Never go back inside for people or pets.
- » If you have to escape through smoke, GET LOW AND GO under the smoke to your way out.
- » CALL the fire department from outside your home.

FACTS

- ! According to an NFPA survey, only **one of every three** American households have actually developed and practiced a home fire escape plan.
- ! While **71%** of Americans have an escape plan in case of a fire, only **47%** of those have practiced it.
- ! **One-third** of American households who made an estimate thought they would have at least 6 minutes before a fire in their home would become life-threatening. The time available is often less. And only **8%** said their first thought on hearing a smoke alarm would be to get out!



Your Source for SAFETY Information www.nfpa.org/education
NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169