

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!

INSIDE THIS NEWSLETTER:

CERT All-County Meeting	1
Spreading the CERT Word in Your Neighborhood	1
How Can Social Media Help CERT?	2
Training & Events Calendar	3
Am I Raising Up Potential Leaders?	5
Division Updates - Comms Group	6
What's In Your CERT Bag ? Inventory List	7
Get Ahead of the Winter Freeze	8

CERT All-County Meeting - January 17th 2013

CERT Mission Response Panel

Every event or activation *should* be followed by a “hot wash” or debriefing, wherein the participants discuss what happened, what worked, what didn’t, what could be done better, and so on. The activation for Superstorm Sandy is no exception, but nearly a hundred CERT volunteers turned out for this activation over a period of several weeks, making it nearly impossible to conduct an effective debrief. As time goes by after the event, the details start to become fuzzy and more often than not, the response to the event begins to look like a highly successful and efficient operation, even though it seemed chaotic to those involved at the time. The errors and miscalls fade from memory and the opportunity is lost to critically evaluate the problems that occurred — failure to address “what went wrong” leads to repeating the same errors the next time.



The CERT All-County Meeting held on January 17th was the perfect forum for reviewing the various missions undertaken by CERTs during the recent large-scale activation throughout Long Island. Had any more time passed, the review would have been ineffective. While not conforming to a formal “hot wash” format, the panel of experienced CERT volunteers speaking about the missions that they were

(Continued on page 2)

Spreading the CERT Word in Your Neighborhood

By Henry Teja, a 'Nassau CERT Volunteer', CERT Division 1

Superstorm/Hurricane Sandy affected some 24 states within the US boundaries. New York and New Jersey receiving the most severe damage because of severe winds, swirling and sheering wind gusts and storm surge. Even though many municipalities and other government agencies forewarned people of the severity of this storm, the lack of real damage by previous storms induced complacency and lack of preparation by some neighborhoods and even by some public utilities and zoning boards. That is why preparation is the key for self-preservation of personal safety, personal property and your neighborhoods. FEMA, local OEMs, private organizations, like the American Red Cross and volunteer groups, like CERT try to

(Continued on page 4)

CERT All-County Meeting (Continued from page 1)

involved in provided a perspective on the activation for nearly every kind of mission that CERT was assigned to. The activation missions and the CERT panelists:

- Full-service shelter in the City of Glen Cove - CERT Shelter Manager, *Drew Lawrence*
- Nassau County Emergency Pet Shelter at Mitchell Field - *Liz Fox*, Deputy Shelter Manager
- Preliminary Damage Assessment Team deployed to the Meadowmere neighborhood near Jamaica Bay on the Queens border - *Arnold Hollander*
- Flow Control at the Red Cross POD at Cedar Creek Park - *Kathy Cowden*, CERT Team Leader
- OEM Phone Support and Activation Planning at the Nassau County Emergency Operations Center - *Marlyn Press*, CERT Team Leader.

training to better prepare us for these types of activations?

In 2013, we will be addressing this question.



The intent was to have panelists explain what they walked into upon arriving at a location, who was in charge, how many other CERTs were there, whether they were briefed as to their function or tasks, how the operation went, and what could be done to improve the operation in the future. The key message of this is: *What do we as CERTs need to do in*

(Continued on page 6)

How Can Social Media Help CERT?

By Lisa Moffa, Nassau County CERT Division 1

You've probably heard about Facebook, Twitter and maybe even the new site Pinterest for anyone with a computer, tablet or smartphone. These social websites aren't just for marketing or perpetuating gossip; they essentially help people, officials, communities and companies share information via the internet. For CERT Members, it can be a powerful communication tool for emergencies by finding the latest advisories and public updates made by agencies that volunteers are usually looking for too during an incident.

These Social Media sites create a network of users, much like a "phone chain", based on what is posted and shared with web links or photos online that can be viewed easily in a timely manner. A CERT member doesn't have to be a PIO to *share* an update from FEMA, The Red Cross, NOAA Weather Resources, OEM, and Nassau CERT, which all have social media accounts for reaching out to the public because

they can post the most current information available when used properly and consistently.

Facebook and Twitter can be helpful conduits for people to notify others of their current safety status with a log-in from any Wi-Fi device, or text from their cell phone that can be read by a designated out-of-state contact. Social Media is another tool for preparedness and awareness. Think about it this way: Twitter *TELLS* you what's happening in real-time, Facebook *SHARES* what's happening, YouTube *SHOWS* you how it happens with video, and Pinterest *SAVES* it so you can find it later for reference.

These accounts are always free and simply require internet service with your basic information and email to register. If you don't have an email account...it's time to get one. That is, if you want another way to be connected, and because it's a great addition to CERT Communication resources!



February 2013 - Upcoming Events

SKYWARN Training - Sat. Feb. 2nd

OEM Lecture Hall
510 Grumman Rd. West
Bethpage, NY
Time: 9:00 am - 12:30 pm (0900-1230)

CERT Basic Course, Class 3 - Wed. Feb. 6th

St. Aidan's Church, Msgr. Kirwin Hall
505 Willis Avenue (Pembroke St. & Willis Ave.)
Williston Park, NY
Time: 7 pm - 10 pm (1900-2200)
Doors open at 6:30 pm
Classes continue each Wednesday through Feb. 27th

RACES/Comms Meeting - Thur. Feb. 7th

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

Division Leaders Meeting - Thur. Feb. 21st

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

Advanced Training: Compass & Map Reading - Thur. Feb. 28th

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

COMING UP

Division 3 Meeting - March 4th

Division 1 Meeting - March 6th

RACES/Comms Meeting - March 7th

ICS-100 Training, Parts 1 & 2 - March 11th-12th

CERT Basic Course, Class 1 - March 14th

Moulage Training - March 20th

Division Leaders Meeting - March 21st

Advanced Training: ICP Setup - March 25th

RACES/Comms Meeting - April 4th

CERT Basic Course, Class 3 - April 4th

Advanced Training: Comms - April 8th

Division Training Officers Mtg - April 9th

February 2013						
Sun	Mon	Tues	Wed	Thur	Fri	Sat
					1	2 SKY- WARN
3	4	5	6 CERT Basic	7 RACES	8	9
10	11	12	13 CERT Basic	14	15	16
17	18 Presi- dents Day	19	20 CERT Basic	21 Div Ldrs Mtg	22	23
24	25	26	27 CERT Basic	28 Adv Trng		

March 2013						
Sun	Mon	Tues	Wed	Thur	Fri	Sat
					1	2
3	4 Div 3 Mtg	5	6 Div 1 Mtg	7 RACES	8	9
10	11 ICS100 Pt 1	12 ICS100 Pt 2	13	14 CERT Basic	15	16
17	18	19	20 Moulage Trng	21 CERT Basic Div Ldrs	22	23
24	25 Adv Trng	26	27	28	29 Good Friday	30
31 Easter						

April 2013						
Sun	Mon	Tues	Wed	Thur	Fri	Sat
	1	2	3	4 RACES CERT Basic	5	6
7	8 Adv Trng	9 Div Trng Officers	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				

Spreading the CERT Word in Your Neighborhood *(Cont'd from page 1)*

educate and prepare individuals, families and businesses to be ready for common local disasters.

When CERT was put on standby for activation several days prior to the arrival of Sandy by Nassau County's OEM, I was ready to deploy with all my equipment and knowledge provided by CERT and ICS training. My cars were gassed up and I had 30-40 gallons extra for my generator or the cars if needed. I also have many years of experience of readiness training and survival skills through my military and other paramilitary/law enforcement training. What I did not expect during this storm was the degree of damage to our geographical area communications, utilities, gas shortages and impassable roadways. When Nassau County CERT was activated by several forms of communications, I did not receive those communications and therefore I never activated. I was somewhat disappointed I could not help my county and the surrounding communities. However, I did prepare for even this situation to some degree.

CERT training teaches us that even though we train to help and serve others in times of disasters we must take care of our families first before activating when called. I felt, as I imagine CERT realized somewhere along the way, that their volunteers would not perform safely and efficiently unless their families and friends were secured. In late 2010 I came up with the idea to form a CERT-trained neighborhood — not authorized under the CERT charter — but providing training to my neighbors to CERT guidelines.

My neighborhood block consists of 26 houses, which consists of 5 elderly or handicapped families, four households of first responders and the balance, normal households. What would happen to the elderly, and the handicapped and first responder families if a disaster strikes and they cannot help themselves? My answer was a CERT-trained and protected community. I first contacted READY.GOV and requested

printed material for basic disaster preparation. There are about 6 small pamphlets including kit lists, family plans, pet, senior and people with disabilities' recommendations. I developed a cover letter explaining to my neighbors what I was trying to do, with their input and assistance. It included my contact information and some suggestions about the families that would need assistance if they had no-one else to help them. Then I distributed a packet to each household. Only a few close neighbors ever responded which included most of the elderly and two of the four first responder families. I knew many at first would not respond, but I had to try.

Now Superstorm Sandy arrives. We have little or no communications, limited access to exit or enter the block due to downed trees, utility lines and poles. As I stated before, I did not receive activation orders so I sheltered in place, called other family members and friends in the areas affected to see if they needed assistance, fired up my generator, and did what I could for those who contacted me. Many, except for the few responding neighbors, were in a panic. Then they remembered my GET READY PACKET. Other neighbors started knocking on my door asking for assistance. I helped neighbors acquire generators, water and other supplies. We cleared some debris to allow us to enter and exit the block until the local authorities cleared the area properly. For those who could not afford generators, I took in frozen foods and stored them in an extra-large freezer I had for this purpose.

The moral to this story is simple — CERT trains you to be prepared; you can train others in your communities to ensure a safe neighborhood for your family as well as theirs, and this allows you to activate yourself not as a CERT but as a CERT-trained neighbor even when you cannot be activated by OEM-CERT.



The deadline for submission of news, photos, and articles for the March edition of the newsletter is February 25th.

Am I Raising Up Potential Leaders?

From "Developing the Leaders Around You" by John Maxwell

One night, after working quite late, I grabbed a copy of *Sports Illustrated*, hoping its pages would lull me to sleep. It had the opposite effect. On the back cover was an advertisement that caught my eye and got my emotional juices flowing. It featured a picture of John Wooden, the coach who led UCLA Bruins for many years. The caption beneath his picture read, "The guy who puts the ball through the hoop has ten hands."

John Wooden was a great basketball coach. Called the wizard of Westwood, he brought ten national basketball championships to UCLA in the span of twelve years. Two back-to-back championships are almost unheard of in the competitive sports world, but he led the Bruins to *seven titles in a row*. It took a consistent practice. But the key to the Bruin's success was Coach Wooden's unyielding dedication to the concept of teamwork.

He knew that if you oversee people and you wish to develop leaders, you are responsible to (1) appreciate them for who they are; (2) believe they will do their very best; (3) praise accomplishments; and (4) accept your personal responsibility to them as their leader.

Coach Bear Bryant expressed this same sentiment when he said, "I'm just a plowhand from Arkansas, but I have learned how to hold a team together—how to lift some men up, how to calm others down, until they've got one heartbeat together as a team. There's always just three things I say: 'If anything goes bad, I did it. If anything goes semi-good, then we did it. If anything goes real good, they did it.'" Bear Bryant

won people and games. Until a few years ago, he had the greatest number of wins in the history of college football.

Great leaders – the truly successful ones who are in the top 1 percent – all have one thing in common. They know that acquiring and keeping good people is a leader's most important task. An organization cannot increase its productivity – but people can! The asset that truly appreciates within any organization is people. Systems become dated. Buildings deteriorate. Machinery wears. But people can grow, develop and become more effective if they have a leader who understands their potential value.

The bottom line is that you can't do it alone. If you really want to be a successful leader, you must develop other leaders around you. You must establish a team. You must find a way to

Acquiring and keeping good people is a leader's most important task.

get your vision seen, implemented, and contributed to by others. The leader sees the big picture, but he needs other leaders to help make his mental picture a reality.

Most leaders have followers around them. They believe the key to leadership

is gaining more followers. Few leaders surround themselves with other leaders. Those who do, bring great value to their organizations. And not only is their burden lightened, but their vision is carried on and enlarged.



Submit Photos of CERT members in action during the Hurricane Sandy response and recovery for publication in future issues of the monthly newsletter.

CERT All-County Meeting (Continued from page 2)

What's in Your CERT Bag?

The question of “what should I have in my CERT bag” comes up frequently (and my apologies to those of you who haven't yet received your CERT bag and initial gear — the hurricane activation has wreaked havoc with our ability to store our supplies and distribute them).

Bill Pavone and Henry Teja of Division 1 have put some thought into this, and presented a list of the “must have” and “good to have” items for your CERT kit. In the event you missed the meeting, this list is provided for you on page 7 of this issue, and distinguishes between equipment that you were issued, and items that you may wish to add on your own. Of course anything that makes sense to you that you think you might need in the field, can be put in your CERT bag.



New CERT ID Cards

All CERT and RACES ID cards expired at the end of December 2012. At the All-County meeting, we issued over 100 new 2-year ID cards to members. If you have an expired ID card or are a new CERT member and never received an ID card, you can stop by OEM during the week and one can be created for

you. Be sure to bring your expired ID card for proper disposal. Call or email a day or two before you plan to come by OEM in Bethpage, to ensure I will be there to issue you a new card.

Office phone: (516) 573-9655

Email: dnieri@nassaucountyny.gov

If you are at OEM for a CERT or RACES meeting, or training class, inquire whether you can get a new ID card made up at that time.

Volunteers Needed to Go Above and Beyond

Nassau County CERT is an organization with over 1300 trained residents, a significant portion of whom are active CERT members. It takes a large volunteer staff to handle administration, training, planning, public relations, and logistical support for such an organization. At this meeting, it was announced that our General Staff has at least 2 vacant positions of responsibility: Operations Section Chief and Planning Section Chief. In addition, we are seeking talented members who enjoy writing, working with social media, and photography to step up and contribute to the monthly newsletter, the website, and our Facebook page. Ideally, if enough members express an interest, we could form a separate editorial/publishing committee to review and edit submitted material, do layout, and publish the newsletter.

Finally, there is a need to establish a Food Service Unit under our Logistics Section. People who are adept at planning food and beverages for large groups such as civic organizations, would be the core of this unit. Its tasks would be to plan for snacks and drinks for meetings, trainings, and feeding the masses at our annual CERT Field Exercise. Your expertise might also be called upon during an activation to figure out how to provide food to CERT members deployed in the field.

If you are interested in starting up or participating in the Food Service Unit, please contact Dave Nieri at dnieri@nassaucountyny.gov.



Division Updates - Communications Group

On January 6th the 14th annual Ham Radio University was held at Briarcliffe University. This year it was sponsored by LIMARC (Long Island Mobile Amateur Radio Club) in conjunction with the ARRL NY/LI Section. Both Nassau County RACES as well as Nassau County CERT had tables for this event. We would like to thank all those who took part in staffing the tables for their efforts in explaining the roles we play in the community in both the day-to-day operations as well as in a time of an emergency. Additionally the annual ARRL Section EMCOMM Meeting was held at HRU and was moderated by Jim Mezey W2KFV and Mike Corey K1IU. This always proves to be an interesting and informative meeting. It also is great to see our counterparts from NYC., Suffolk and NJ. Many groups were represented from these areas — ARES, RACES, CERT, as well as American Red Cross.

Skywarn Basic training will be offered on Saturday, February 2nd 2013 from 9:30 - 12:30 by Bruce K2BRG. All are welcome to attend this training. It will be held at OEM, 510 Grumman Road West, Bethpage NY 11714. Please sign up via oemcert@nassaucountyny.gov with Skywarn Basic Spotter Class in the subject line. For those of you who are already Skywarn trained, keep in mind it is recommended you refresh your skill every 3 years. ~Bob Long KC2PSN, Nassau County RACES/CERT Chief Radio Officer

What's in Your CERT Bag?

Equipment and Supplies	Required / Optional	Qty
BASIC CERT BAG		
CERT Backpack	R	1
CERT Helmet	R	1
Leather Work Gloves	R	1
Protective Eyewear / Goggles	R	1
CERT Safety Vest (reflective)	R	1
Non Latex Examination Gloves (Vinyl or Nitrile)	R	10 pr
Flashlight with Extra Batteries (LED is best)	R	1+
N95 Dust Mask	R	3
Utility Knife or Multi-Tool (Leatherman / Gerber)	R	1
Note Pad	R	1
Pens / Pencils / Write in the Rain waterproof Pen	R	1+
ICS Blank Forms ICS 211 & ICS 214 at a minimum	O	2 x
CERT Contact Information / Calling Tree	O	1
Whistle	O	1
Water Bottle	O	1+
Non-Perishable Snacks / Power Bars / Granola Bar	O	1+
Indelible Markers (RED / BLACK)	R	2
Basic First Aid Kit (Bandages, gauze, tweezers, aspirin)	R	1
Sunscreen	O	1
Lip Balm / Chap stick	O	1
Insect Repellant	O	1
Space Blanket	O	1
Poncho / Raingear	O	1
FRS / GMRS Radio	O	1

Equipment and Supplies	Required / Optional	Qty
CERT BAG ADDITIONS		
Secondary Flashlight / Headlamp	O	1
Ball Cap / Knit Cap	O	1
Duct Tape	O	4 yds
Non Sparking Wrench for gas Shutoff (4 in 1)	O	1
Light Sticks (Cyalume / Chemlight) - 12 hr.	O	4
Para Cord / Nylon Rope (300 lb. test) 50' - 100'	O	1
Fire Starting Tool	O	1
Entrenching tool - Axe / Shovel / Camp Saw	O	1
Extra Socks	O	1 pr
Trauma Bandages / Maxi Pads / Quickclot	O	2- 4
Clip Board	O	1
Colored Tape for Triage - RD / YL / GR / BLK	O	4
Large Ziploc bags	O	2
Trash Bags	O	3
Light duty Dog Lease / Slip Collar	O	1
\$20 - \$40 Cash	O	
Small Bottle of hydrogen Peroxide	O	4 oz
Weather Radio	O	1
CPR Kit	O	1

Equipment and Supplies	Required / Optional
What to wear for an Activation	
Black or Tan Pants	R
CERT Shirt	R
Heavy Duty Boots	R
CERT ID	R
Outerwear and headgear suitable for the Season	O
Cell Phone	O

Equipment and Supplies	Required / Optional	Qty
CERT Member GO BAG		
Change of clothes (rotate for seasons)	R	1+
Change of Shoes or Boots	R	1
Change of Socks / Underwear	R	1
Extra T-Shirt / Thermal Undershirt	R	1
Seasonal Outerwear	O	1
Toiletries and hygiene supplies - Tooth Brush!	O	1
Medication (prescription and over the counter)	R	1
Snacks and Food Supplies (MREs)	R	2+
Additional Water	O	1+
Reading material or other entertainment (DVD Player, iPod)	O	1
Toilet Paper	O	1 roll

NOTE: Try to use Common battery size for all devices (AA)

10 Tips

Get Ahead of the Winter Freeze

It's not too early to begin preparing for the heating season. Check these 10 tips off your list and get ahead of the winter freeze.

- Our **furnace has been inspected and serviced** by a qualified professional during the last 12 months. *(A furnace should be serviced at least once a year.)*
- Our **chimneys and vents have been cleaned and inspected** by a qualified professional. I have checked for creosote build-up. *(Not cleaning your chimney is the leading cause of chimney fires from built up creosote. This service needs to be done at least once a year.)*
- Our wood for our fireplace or wood stove is **dry, seasoned wood**.
- Our **fireplace screen is metal or heat-tempered glass**, in good condition and secure in its position in front of the fireplace.
- We have a **covered metal container** ready to use to dispose cooled ashes. *(The ash container should be kept at least 10 feet from the home and any nearby buildings.)*
- Our children know to stay at least **3 feet away** from the fireplace, wood/pellet stove, oil stove or other space heaters.
- Our portable space heaters have an **automatic shut-off**.
- Our portable space heaters will be **plugged directly into an outlet** *(not an extension cord)* and placed at least three feet from anything that can burn; like bedding, paper, walls, and even people. *(Place notes throughout your home to remind you to turn-off portable heaters when you leave a room or go to bed.)*
- We have **tested our smoke alarms** and made sure they are working. *(You need a smoke alarm on every level of the home, inside each bedroom and outside each sleeping area. For the best protection, the smoke alarms should be interconnected so when one sounds, they all sound.)*
- We have **tested our carbon monoxide alarms** and made sure they are working. *(Carbon monoxide alarms should be located outside each sleeping area and on every level of the home.)*



Your Source for **SAFETY** Information

NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169

www.nfpa.org/education