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**CERT IS
WHAT
YOU
MAKE IT**



**COUNTY,
STATE,
&
FEDERAL
ONE TEAM**

CERT Monthly Newsletter

SEPTEMBER, 2018

Nassau County CERT Newsletter

National Preparedness Month, recognized each September, provides an opportunity to remind us that we all must prepare ourselves and our families now and throughout the year. This National Preparedness Month will focus on planning, with an overarching theme:

Disasters Happen. Prepare Now. Learn How.

This year Tuesday, September 11, marks the 17 anniversary of that day that changed our lives and attacked our freedom. For many of us our lives have gone back to what is somewhat normal, however for some it was like yesterday. Many are still suffering, both physically and physiologically from the events of that day. On Tuesday let each of us take time out from our busy schedules to reflect and remember all our loved ones, family and friends who were lost that day and those that are still feeling the effects.

In order to keep CERT a vital and dynamic organization, we need to continue adding active members. To this end, a new CERT basic class will begin on Thursday, September 27th. As current members, you are the best ambassadors the program has. While there is very strong interest in the class, we continue to recruit additional students. If you know anyone who may be interested, please refer them to us via oemcert@nassaucountynv.gov.

Have a enjoyable and safe Labor Day weekend.

Best Regards,

Bob I. Paul

September 11 National Day of Service & Remembrance

In 2002, family members who lost loved ones in the September 11, 2001 terrorist attacks as well as support groups and other organizations began to seek forward-looking tributes to honor the sacrifice of those who were lost and honor to those who rose in service in response to the tragedy. Encouraging Americans to participate in service and remembrance activities on the anniversary of 9/11 anniversary is a productive and respectful way to honor those who perished and rekindle the spirit of unity and compassion that swept our nation after 9/11 to help meet the challenges we face today.



Tribute in Light is a commemorative public art installation first presented six months after 9/11 and then every year thereafter, from dusk to dawn, on the night of September 11. It has become an iconic symbol that both honors those killed and celebrates the unbreakable spirit of New York.

Assembled on the roof of the Battery Parking Garage south of the 9/11 Memorial, the twin beams reach up to four miles into the sky and are comprised of 88 7,000-watt xenon light bulbs positioned into two 48-foot squares, echoing the shape and orientation of the Twin Towers.



Basic Training

Next Class:

Nathan L. Bennett Pavilion Hempstead Town Hall
1 Washington Street
Hempstead, New York 11550

September 27
October 4, October 11, October 18, October 25
November 1 at OEM, November 8 (Graduation)

All classes begin at 7 p.m.

CERT training is free for Nassau County residents who are 18 years of age or older. If you are considering joining CERT, please be aware that you must attend all training sessions; missed classes can be made up. A background check will be conducted prior to acceptance into the program.



CERT DIVISION 3 Field Training

Please join us for a field exercise followed by a potluck picnic for all attendees

Where:

Lido Beach Mushroom Park/Point Lookout Fire Department

When:

Saturday, September 8th | 11:30am

What:

- Narcan
- Scene Safety
- Triage
- CPR
- First Aid



Alex Gallego - Supervisor - 516 298 2477

Chris Murphy - Deputy Supervisor

Stephanie Gobbo - LIU Post Leader



Radio Amateur Civil Emergency Services (RACES)

RACES Meeting and Training 2018

All dates and topics are tentative

Date	Training Topic
January 22, 2018	IAP ICS Forms Table Top
February 26, 2018	CAP Presentation
March 19, 2018	Secrets of Decision Making
April 16, 2018	Summer Skywarn Reportable Criteria
May 21, 2018	EOC Messaging
June 18, 2018	Interoperability
July 16, 2018	Leadership Training
August 20, 2018	OEM Command Vehicle
September 17, 2018	Preparedness Exercise
October 15, 2018	Winter Skywarn Reportable Criteria
November 19, 2018	Station Setup - Shelter Operations
December 17, 2018	Year End review



Disasters Happen

PREPARE NOW

LEARN HOW

2018 Weekly Themes

- Week 1: Sept 1-8 Make and Practice Your Plan
 - Week 2: Sept 9-15* Learn Life Saving Skills
 - Week 3: Sept 16-22 Check Your Insurance Coverage
 - Week 4: Sept 23-29 Save For an Emergency
- September 15 is a [National Day of Action](#)

Take time to learn lifesaving skills – such as CPR and first aid, check your insurance policies and coverage for the hazards you may face, such as flood, earthquakes, and tornados. Make sure to consider the costs associated with disasters and save for an emergency. Also, know how to take practical safety steps like shutting off water and gas.

The devastating hurricanes and wildfires of 2017 reminded the nation of the importance of preparing for disasters. Often, we will be the first ones in our communities to take action after a disaster strikes and before first responders arrive, so it is important to prepare in advance to help yourself and your community.

For additional information visit: <https://www.ready.gov/september>

Slow Down: Back to School Means Sharing the Road

School days bring congestion: School buses are picking up their passengers, kids on bikes are hurrying to get to school before the bell rings, harried parents are trying to drop their kids off before work. It's never more important for drivers to slow down and pay attention than when kids are present – especially before and after school.

If You're Dropping Off

Schools often have very specific drop-off procedures for the school year. Make sure you know them for the safety of all kids. The following apply to all school zones:

- Don't double park; it blocks visibility for other children and vehicles
- Don't load or unload children across the street from the school
- Carpool to reduce the number of vehicles at the school



Sharing the Road with Young Pedestrians

According to research by the National Safety Council, most of the children who lose their lives in bus-related incidents are 4 to 7 years old, and they're walking. They are hit by the bus, or by a motorist illegally passing a stopped bus. A few precautions go a long way toward keeping children safe:



- Don't block the crosswalk when stopped at a red light or waiting to make a turn, forcing pedestrians to go around you; this could put them in the path of moving traffic
- In a school zone when flashers are blinking, stop and yield to pedestrians crossing the crosswalk or intersection
- Always stop for a school patrol officer or crossing guard holding up a stop sign
- Take extra care to look out for children in school zones, near playgrounds and parks, and in all residential areas
- Don't honk or rev your engine to scare a pedestrian, even if you have the right of way
- Never pass a vehicle stopped for pedestrians
- Always use extreme caution to avoid striking pedestrians wherever they may be, no matter who has the right of way

Sharing the Road with School Buses

If you're driving behind a bus, allow a greater following distance than if you were driving behind a car. It will give you more time to stop once the yellow lights start flashing. It is illegal in all 50 states to pass a school bus that is stopped to load or unload children.



- Never pass a bus from behind – or from either direction if you're on an undivided road – if it is stopped to load or unload children
- If the yellow or red lights are flashing and the stop arm is extended, traffic must stop
- The area 10 feet around a school bus is the most dangerous for children; stop far enough back to allow them space to safely enter and exit the bus

Be alert; children often are unpredictable, and they tend to ignore hazards and take risks

Sharing the Road with Bicyclists

On most roads, bicyclists have the same rights and responsibilities as vehicles, but bikes can be hard to see. Children riding bikes create special problems for drivers because usually they are not able to properly determine traffic conditions. The most common cause of collision is a driver turning left in front of a bicyclist.



- When passing a bicyclist, proceed in the same direction slowly, and leave 3 feet between your car and the cyclist
- When turning left and a bicyclist is approaching in the opposite direction, wait for the rider to pass
- If you're turning right and a bicyclist is approaching from behind on the right, let the rider go through the intersection first, and always use your turn signals
- Watch for bike riders turning in front of you without looking or signaling; children especially have a tendency to do this
- Be extra vigilant in school zones and residential neighborhoods
- Watch for bikes coming from driveways or behind parked cars
- Check side mirrors before opening your door

By exercising a little extra care and caution, drivers and pedestrians can co-exist safely in school zones.

If you are interested in the Nassau County Overdose Prevention And Naloxone Training

At any of the listed locations You must register at:

<https://forms.nassaucountyny.gov/agencies/CE/narcan/ontraining.php>

Jericho Public Library
1 Merry Lane
Jericho, NY 11753
Wednesday, September 12, 2018 07:00 PM

Glen Head North Shore High School
450 Glen Cove Avenue
Glen Head, NY 11545
Tuesday, September 25, 2018 07:00 PM

East Rockaway Fire Department
13 Grant Avenue
East Rockaway, NY 11518
Wednesday, September 26, 2018 07:00 PM

Seaford High School
1575 Seamans Neck Road
Seaford, NY 11783
Wednesday, October 3, 2018 06:30 PM

Farmingdale Senior High School
150 Lincoln Street
Farmingdale, NY 11735
Wednesday, October 17, 2018 07:00 PM

Barry & Barry & Florence Friedberg JCC,
15 Neil Court
Oceanside, NY 11572
Tuesday, November 13, 2018 07:00 PM

Sid Jacobson Jewish Community Center
300 Forest Drive
Greenvale, NY 11548
Wednesday, November 14, 2018 07:00 PM






Signs and Symptoms of Opioid Abuse

Signs and Symptoms of Opioid Use and Abuse			
Physical Signs	Behavioral Signs	Environmental Signs	Psychological Signs
Runny nose or Watery eyes	Restlessness	Finding evidence of drug paraphernalia	Depression
Constricted pupils	Confusion	Small plastic bags or wax paper bags	Anxiety
Nausea	Stealing	Residue from crushed up pills	Mood swings
Constipation	Lying to others	Empty pill capsules	Irritability
Flu-like symptoms	Large amount of time sleeping/sleeping at unusual times	Straws cut in half	Agitation
Complaining of stomach pains	Change in friends	Rolled up dollar bills	Paranoia
Impaired coordination	Neglecting familial responsibilities	Syringes, plastic caps used to cover the syringe	Memory problems
Slurred speech	Social Isolation		Delusions
Sedation			Hallucinations
Nodding off—fall asleep and wake suddenly			

Signs and Symptoms of Opioid Abuse

Signs and Symptoms of Opioid Use and Abuse			
Physical Signs	Behavioral Signs	Environmental Signs	Psychological Signs
Respiratory depression	Lack of interest	Spoons bent or with burn marks on them	
Skin tone—greyish	Lack of motivation	Tin foil in trash	
Red marks in arm	Skipping school, work, commitments	Blood spots in clothes/bedding	
Bruised hands/feet			
Burned hands/fingers	Frequent trips to pharmacy		
Sudden weight loss			
with loss of appetite			
Shivering			
Excessive sweating			
Seizures			
Insomnia			
Usually poor appearance ex. not bathing/brushing teeth			

September 2018 - Upcoming Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 	4	5 Division 1 Meeting 7:30pm	6	7	8 Division 3 Field Exercise
9	10 	11 	12	13 Officers Meeting 7:30 pm	14	15 New Hyde Park Street Fair Division 2
16	17 RACES Meeting 7:30 p.m.	18	19 	20	21	22
23 Autumn Begins	24	25	26	27 CERT Basic Class # 1	28	29
30						

Important CERT Dates

Division 1 Meeting

September 5th
Nassau County OEM Lecture Hall
Time: 7:30 pm

Division 3—Field Exercise

September 8th
Lido Beach Park
Time: 11:30 am

Officers Meeting

September 13th
Nassau County OEM Lecture Hall
Time: 7:30 pm

RACES Meeting

September 17th
Nassau County OEM Lecture Hall
Time: 7:30 pm



October 2018 - Upcoming Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4 CERT Basic Class # 2	5	6
7	 Columbus Day	9	10	11 CERT Basic Class # 3	12	13
14	15 RACES Meeting 7:30 p.m Division 2 Meeting	16	17	Officers Meeting 7:30 pm CERT Basic Class # 4	19	20
21	22	23	24	25 CERT Basic Class # 5	26	27
28	29	30	 Happy Halloween			

Important CERT Dates

Division 2 Meeting

October 15th
Island Park Public Library
7 pm

RACES Meeting

October 15th
Nassau County OEM Lecture Hall
Time: 7:30 pm

Officers Meeting

October 18th
Nassau County OEM Lecture Hall
Time: 7:30 pm





Nassau County CERT Coordinator

Bob Chiz

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CERT Deputy Director

Paul Shapiro

pshapiro@nassaucountyny.gov

CERT Section Chiefs

Paul Shapiro	Jeffrey Sliva	David Sobolow
Logistics	Operations	Admin/Finance
	Planning	

Division 1

Division Supervisor

Bill Pavone

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Division 3

Division Supervisor

Alex Gallego

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Division 5 - Campus CERT

Division Supervisor

Stephanie Gobbo

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Division 2

Division Supervisor

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Division 4

Division Supervisor

Rich Zebrowski

rzebrow312@aol.com

Nathan L. Bennett Pavilion Hempstead Town Hall
1 Washington Street
Hempstead, New York 11550

September 27

October 4, October 11, October 18, October 25

November 1 at OEM, November 8 (Graduation)

PLEASE HELP US RECRUIT NEW MEMBERS!!

OEMCERT@NASSAUCOUNTYNY.GOV

(Current CERT Members may attend any class as a refresher)