



Main Office:

516-573-9600

Email:

oemcert@nassaucountyny.gov

**CERT IS
WHAT
YOU
MAKE IT**



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

CERT Monthly Newsletter

AUGUST, 2018

Nassau County CERT Newsletter

Dear Members,

National Night Out is an annual community-building campaign that promotes police-community partnerships and neighborhood camaraderie to make our neighborhoods safer, more caring places to live. National Night Out enhances the relationship between neighbors and law enforcement while bringing back a true sense of community. Furthermore, it provides a great opportunity to bring police and neighbors together under positive circumstances.

This year National Night Out is Tuesday, August 7, 2018. CERT has been asked to participate at two community events. Martin Bunky Reid Park, Westbury and Uniondale Fire Department. All members welcome to participate at either event.

Also we have been invited to participate in Back To School BBQ & Health Fair, Saturday August 18th at 20 Guy Lombardo Ave. Freeport 11520, 12 pm – 4 pm. We will be sending out details .

On Tuesday, August 14 at 7 pm in the OEM Lecture Hall the American Red Cross will be hosting a Shelter Fundamentals training. The training will cover the guidelines and procedures for setting up, running and closing a shelter during a disaster. If you plan to attend, please email your response to: OEMCERT@nassaucountyny.gov

We are now in the process of securing dates and a location to hold the next CERT basic course in the very near future. Please spread the word as we would like to fill the class and grow the organization.

If there are other trainings or courses that OEM might be able to provide, please let us know and if its within our CERT responsibilities we will try to provide it.



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As we reach the half way point of the Summer, I know things have seemed quiet, however numerous behind the scene activities have been ongoing with the CERT program. I understand the time and commitment it takes to volunteer, and I appreciate everyone who has participated in helping the CERT program become what it is today. I would like to thank the Division Leaders and their deputies for all the work they do.

We would like to announce the appointment of Elizabeth Welch (Chip) as Deputy Division 4 Leader. Chip will be working with Rich Zebrowski, who recently assumed the role and responsibility of Division 4 Leader. We wish them the best and look forward to working with them.

I wish to announce that Paul Shapiro will continue his role as Deputy Director of Nassau CERT, to assist in running the CERT Program. His assistance, guidance and dedication in the day to day operations of the CERT program is greatly appreciated.

I ask that you extend to them the same courtesy that you have given me. I know we will each give them our support, assistance and share our knowledge with them.

Also we wish to congratulate Joseph Trimarchi who has been appointed as Deputy Commissioner of the Office of Emergency Management. Joseph was the acting Deputy Commissioner and the Director of planning for OEM. We look forward to his continued leadership and guidance.

Thank you again for your time and service
Enjoy the rest of the summer

Best Regards,
Bob J Paul

Division 2 Meeting

July 17, 2018



A presentation, about Safety in the After-Disaster Environment was conducted by Division Leader Judy Ryan.

Also a presentation/training from BTG Communications was conducted with regards to communications and an exercise was done on proper communications while using a radio.





Radio Amateur Civil Emergency Services (RACES)

On July 16th we had the pleasure of a presentation by Deborah M Kerr, KC2GPV & Mike Hoeft, K2MPH on the New York City Marathon. This is one of, if not the largest Comm.'s events that takes place. The presentation was on the history of the Marathon, how it grew to the size it is today as well as the roll of Amateur Radio. It also served as a recruitment drive of sorts. Deborah reach out to those who have never participated in this event before. There are many volunteer opportunities and not just in the roll as a communicator. We thank both Deborah & Mike for the very informative presentation.

If you are interested in volunteering for the NYC Marathon you can go to the New York Road Runners Website at <https://mynyrr.nyrr.org/>. Click on the register button under New to NYRR and view the volunteer opportunities.

73

Bob Long KC2PSN / WQME56

Nassau County RACES / CERT Chief Radio Officer

RACES Meeting and Training 2018

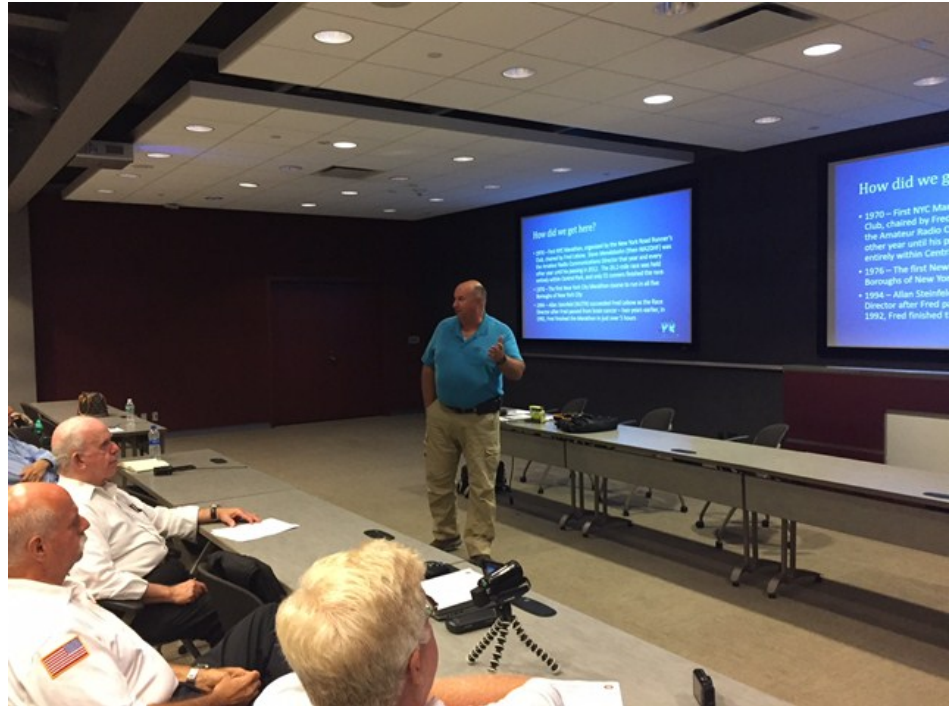
All dates and topics are tentative

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



Radio Amateur Civil Emergency Services (RACES)

Deborah M Kerr, KC2GPV &
Mike Hoeft, K2MPH on the
New York City Marathon.



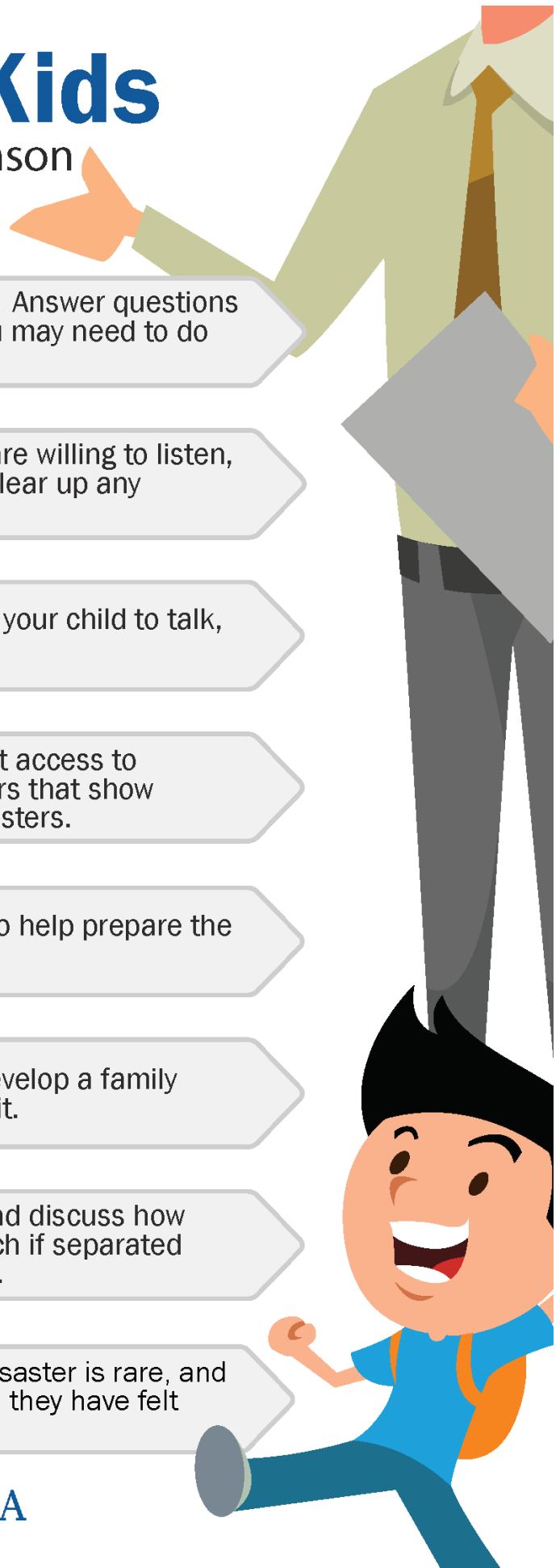
Let Children Participate

Disaster planning with your family is a good way to reduce decision-making during an actual crisis. Children can be particularly vulnerable to stress. When children feel safe, parents can have peace of mind. To help families prepare children for hurricane season, consider these general tips: encourage them to talk about the disaster, understand their fears, and keep them informed with simple words. For the preparedness process, include children in the crafting of the family emergency plan, help them build their emergency kit, and teach them what to do in case of an emergency. Prepare your children for the sheltering experience in case it's necessary, and bring comfort along to help them feel safe. For children with special needs, keep necessary special equipment in mind, and prepare a sensory kit if needed.



Prepare the Kids

for 2018 hurricane season



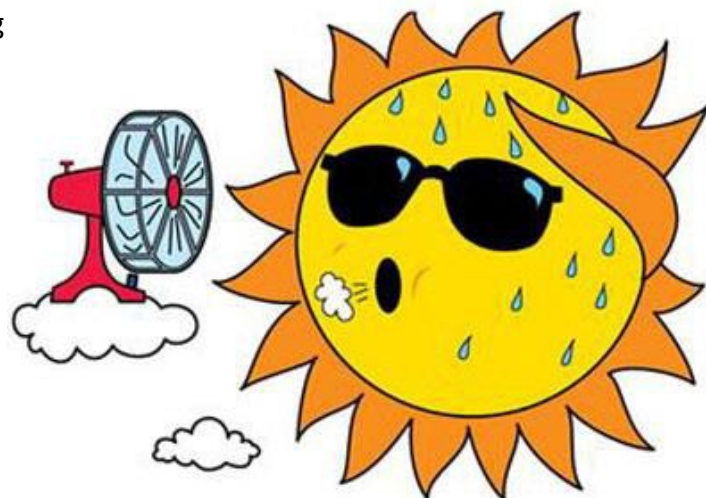
-  Listen and pay attention. Answer questions simply and honestly. (You may need to do this many times.)
-  Let your child know you are willing to listen, talk about disaster and clear up any confusion your child has.
-  Provide opportunities for your child to talk, draw and play.
-  In case of a disaster, limit access to television and newspapers that show disturbing scenes of disasters.
-  Find ways for your child to help prepare the home before a storm.
-  With your child's help, develop a family safety plan and practice it.
-  Have a family meeting and discuss how everyone can stay in touch if separated during or after a disaster.
-  Remind children that a disaster is rare, and discuss other times when they have felt safe.



IT'S GETTING HOT OUT THERE

The Nassau County Department of Health offers the following information for residents to protect themselves and others during high temperatures:

- ☑ Check on relatives and friends, especially the elderly.
- ☑ Increase time spent in an air-conditioned environment.
- ☑ Drink fluids –especially water. Avoid beverages that contain alcohol.
- ☑ Take cool baths.
- ☑ Individuals especially at risk, such as the elderly or those with chronic illnesses should refrain from physical activity, avoid being alone, keep their sleeping area well ventilated, and avoid falling asleep in a hot room.
- ☑ Eat light, but nutritious foods.
- ☑ Avoid the sun at the hottest times of the day.
- ☑ Wear a hat and light, loose-fitting clothing.



Elderly people, infants, and many individuals with chronic medical conditions are at high risk for heat-related problems and should be very cautious about exposure. If any person experiences heat stroke or exhaustion, get medical help immediately. Symptoms of heat-related illnesses may include: headache, dizziness, fatigue, anxiety, nausea, vomiting, and low pulse rate. Other symptoms may include cold pale and clammy skin or hot, flushed dry skin.

Also as a reminder do not leave children or pets in cars. Even in cool temperatures, cars can heat up to dangerous temperatures very quickly. Anyone left inside is at risk for serious heat-related illnesses or even death. Even with the windows cracked open, interior temperatures can rise almost 20°F within the first 10 minutes. Children and pets that are left unattended in parked cars are at greatest risk for heat stroke, and possibly death. When leaving your car, check to be sure everyone is out of the car. Do not overlook any children or pets that have fallen asleep in the car.

STAY SAFE IN THE HEAT
WEATHER.GOV/NYC

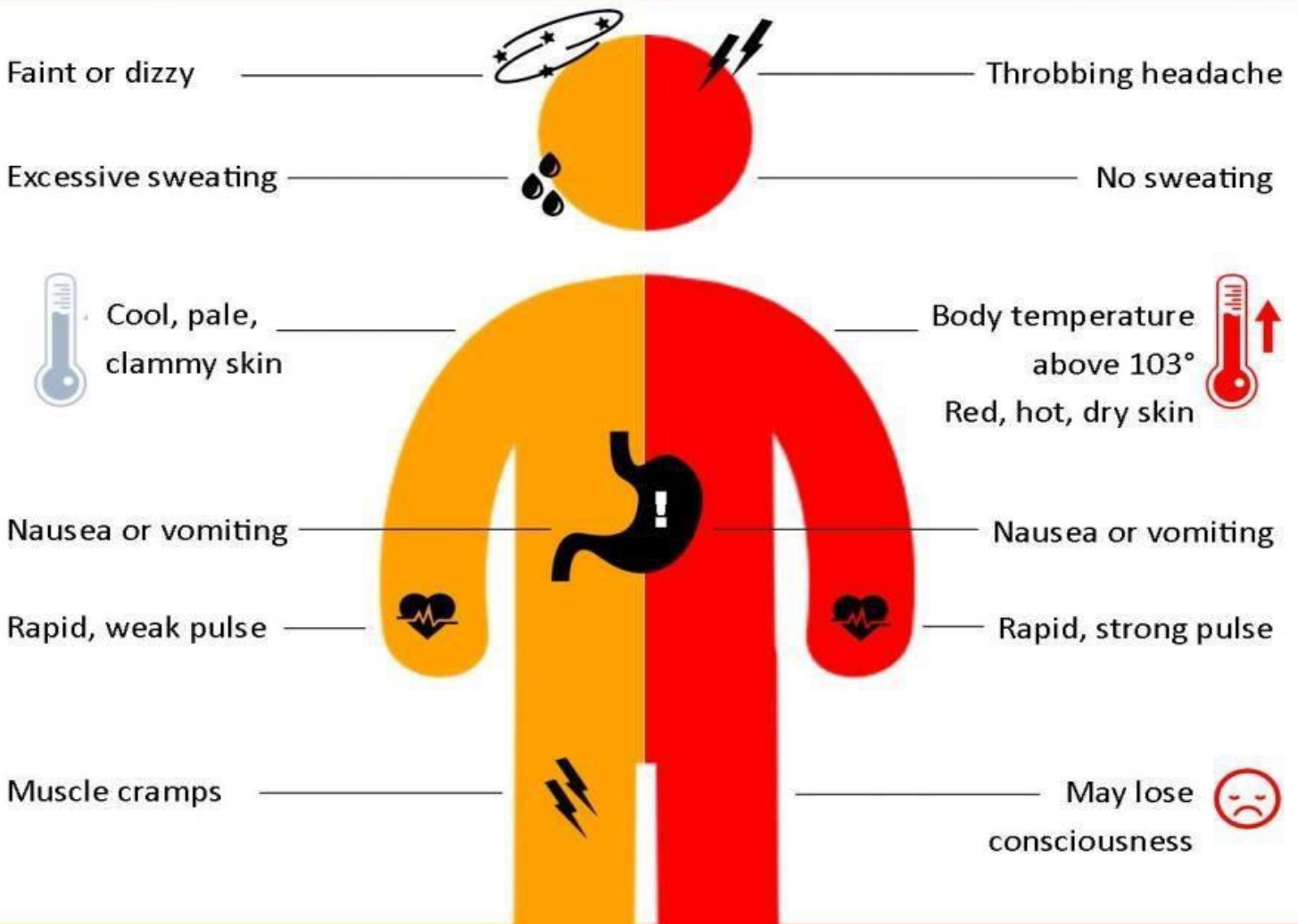
- H2O TO GO**
take a bottle of cold water with you.
- PETS**
watch out for hot pavement & provide plenty of water.
- ENJOY**
cold foods & fruits are more refreshing & contain more water.
- AVOID**
alcohol, coffee, tea and salty foods can make dehydration worse.
- SHADE**
wear a hat, or use an umbrella
- WEAR**
light-colored, loose fitting clothing.
- OUTDOORS**
limit strenuous outdoor activities.
- BE COOL**
make use of fans or air-conditioners to stay cool.

During extended periods of warm weather, it is important to remain cool and hydrated, and be able to recognize the signs of heat-related illnesses. Below are examples of such signs.

HEAT EXHAUSTION

OR

HEAT STROKE



- Get to a cooler, air conditioned place
- Drink water if fully conscious
- Take a cool shower or use cold compresses

CALL 9-1-1

- Take immediate action to cool the person until help arrives

NUTRITION/HEALTH TIP OF THE MONTH

During the summer, tomatoes and strawberries are in abundance. They are delicious and good for you. Take advantage and enjoy them!



Make Tomatoes a part of your daily diet!
Why???

Because-

- They are a powerful antioxidant that also fights Cancer cells
- A good blood purifier
- Tomato is also good for liver health
- A natural antiseptic thus it can also protect against infection
- They help reduce cholesterol thus preventing heart diseases
- People who ate tomatoes regularly have a reduced risk of contracting Cancer

♥ DID YOU KNOW-The Tomato is a fruit not a vegetable!!

♥ BEAUTY TIP- Gently rub half a tomato on face and neck, wash off after 15 minutes to reveal glowing and radiant skin.

RECIPE OF THE MONTH

SPINACH AND STRAWBERRY SALAD

Serves : 8 Prep time: 10 minutes

Ingredients:

- 2 bunches spinach, rinsed and torn into bite-size pieces
- 4 cups sliced strawberries
- ½ cup vegetable oil
- ¼ cup white wine vinegar
- ½ cup white sugar
- ¼ teaspoon paprika
- 2 tablespoons sesame seeds
- 1 tablespoon poppy seeds

Directions:

- In a large bowl, toss together the spinach and strawberries
- In a medium bowl, whisk together the oil, vinegar, sugar, paprika, sesame seeds and poppy seeds. Pour over the spinach and strawberries, and toss to coat

Nutrition Info: 235 calories; Fat: 15.9g, Sat. Fat: 2.1g; Sodium 68mg; Carbs: 22.8g; Dietary Fiber: 3.9g; Sugars: 17.1g; Protein: 3.6g

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>

Williston Park Village Office
494 Willis Avenue
Williston Park, NY 11596
Monday, August 6, 2018 07:00 PM

Rockville Centre
Central Synagogue - Beth Emeth
430 DeMott Avenue,
Rockville Centre, NY 11570
Thursday, August 23, 2018 07:00 PM

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

August 2018 - Upcoming Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6		8	9	10	11
12	13	 American Red Cross Emergency Shelter	15	16 Officers Meeting 7:30 pm	17	18
19	20 RACES Meeting 7:30 p.m.	21	22	23	24	25
26	27	28	29	30	31	

Important CERT Dates

Shelter Training

August 14th
 Nassau County OEM Lecture Hall
 Time: 7:00 pm

Officers Meeting

August 16th
 Nassau County OEM Lecture Hall
 Time: 7:30 pm

RACES Meeting

August 20th
 Nassau County OEM Lecture Hall
 Time: 7:30 pm



POLICE • COMMUNITY PARTNERSHIPS

September 2018 - Upcoming Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 	4	5	6	7	8
9	10 	11 	12	13 Officers Meeting 7:30 pm	14	15
16	17 RACES Meeting 7:30 p.m.	18 	19 	20	21	22
23	24	25	26	27	28	29
30						

Important CERT Dates

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





Nassau County CERT Coordinator

Bob Chiz

oemcert@nassaucountyny.gov

CERT Deputy Director

Paul Shapiro

pshapiro@nassaucountyny.gov

CERT Section Chiefs

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

Division 1

Division Supervisor

Bill Pavone

nassaucertdiv1@yahoo.com

Division 3

Division Supervisor

Alex Gallego

nassaucertdiv3@outlook.com

Division 2

Division Supervisor

Judy Ryan

nassaucertinfo@gmail.com

Division 4

Division Supervisor

Rich Zebrowski

rzebrow312@aol.com

Division 5 - Campus CERT

Division Supervisor

Stephanie Gobbo

Stephanie.Gobbo@liu.edu

CERT BASIC CLASS

NO CLASSES SCHEDULED

PLEASE HELP US RECRUIT NEW MEMBERS!!

OEMCERT@NASSAUCOUNTYNY.GOV

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