



**Main Office:**

516-573-9600

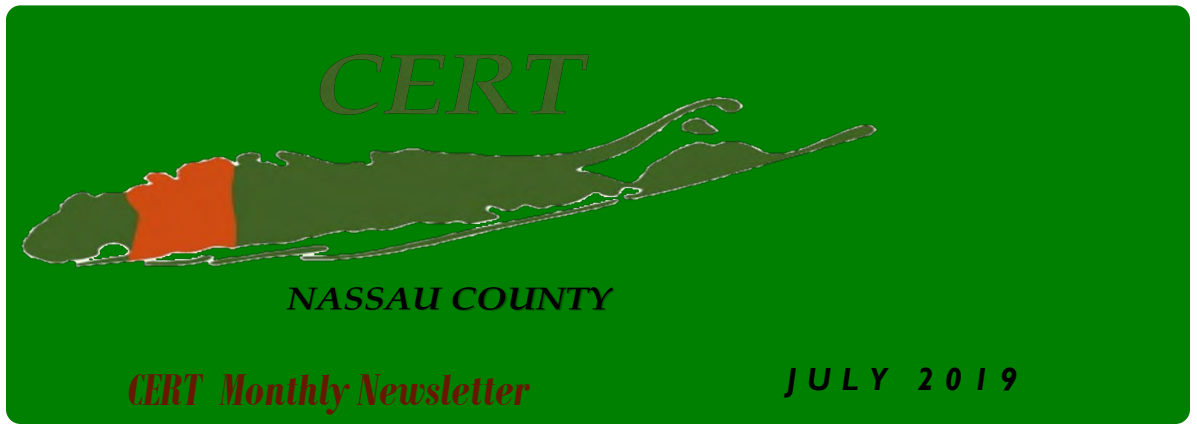
**Email:**

[oemcert@nassaucountyny.gov](mailto:oemcert@nassaucountyny.gov)

**CERT IS  
WHAT  
YOU  
MAKE IT**



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



**Nassau County CERT Newsletter**

Dear Members,

We begin this newsletter with the sad news of the passing of Division 4 Supervisor Richard Zebrowski . We will keep him and his family in our thoughts and prayers.

As usual, the Nassau County CERT program had a very busy past few months with the Long Island Marathon , Jones Beach Airshow, Division meetings and various other events. We would like to thank those members who have assisted during the different events these past few months.

The All-County meeting was held on Wednesday, June 12. Our guest speaker was Lenny Symons from the Town of Oyster Bay Public Safety Division. Lenny presented information about the upcoming hurricane season and new and important subjects from the National Hurricane Center.

This year National Night Out is Tuesday, August 6, 2019. As of this date we have not received any request, however as the date nears that will change. We will keep all updated as we receive request to participate.

We are now in the beginning of the process of securing dates and a location to hold the next CERT basic course in the very near future. If you know of a location that is suitable to conduct a class please forward the information to us. As current members, you are the best ambassadors the program has, if you know anyone who may be interested, please refer them to us via [oemcert@nassaucountyny.gov](mailto:oemcert@nassaucountyny.gov).

Our door is always open please contact Bob, Joshua, Paul or your Division Leaders if you have any concerns, questions we are here for all of you. As always your comments and suggestions are welcome.

We would like to wish all our members and there families a safe, happy and healthy July 4 Holiday!

Best Regards,  
*Bob , Joshua & Paul*

# All-County Meeting June 12, 2019



## Hurricane Awareness & Preparation Presentation

**Leonard Symons  
Deputy Commissioner  
Department  
of  
Public Safety  
Town of Oyster Bay**



## RACES Communications Presentation



# All-County Meeting June 12, 2019



**Various Displays  
in the lobby**



**CERT Division 3 Meeting  
June 20, 2019**

**Until Help Arrives  
(Stop the Bleed)  
Devin Kerins, MEP**



**The honorable  
Joshua A. Lafazan  
Nassau County  
Legislator**

**presenting Citations  
to  
Dr. David Neubert  
&  
EMT Trainer  
Maria Verderosa**







# Radio Amateur Civil Emergency Services (RACES)

## RACES / CERT Comms Group SITREP

On June 17th we held our RACES / CERT Comms meeting. After the business portion of the meeting, Michael Arcari, KD2KOE, conducted a presentation on Interoperability. As part of the overall discussion we learned how to better prepare ourselves and organizations to better interact with one another in times of emergency as well as scheduled events. By conducting scheduled inter-agency meetings, exercises and our daily interaction, with our sister agencies, we form a closer bond allowing us to act as one cohesive group during any emergency, no matter the size or scope. Remember, all of our trainings are open to everyone.

## 2019 Field Day

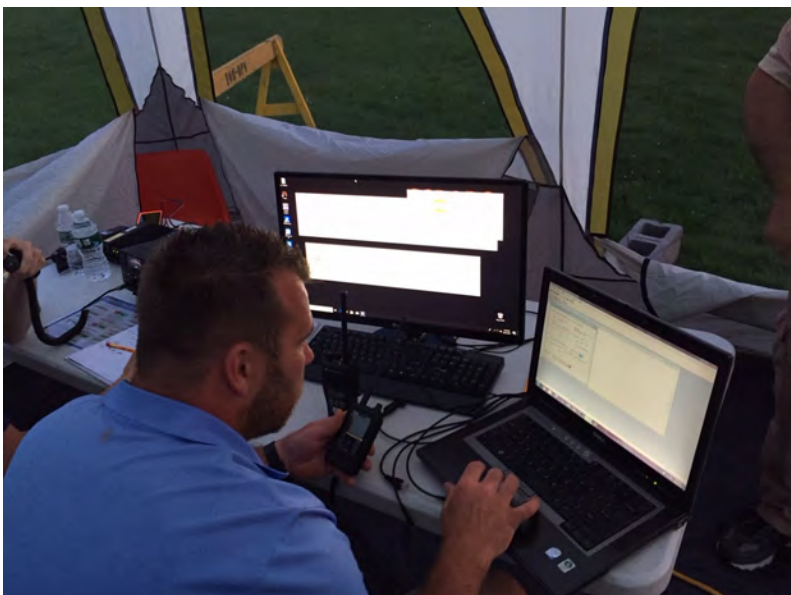
This year several of our RACES members took part in Field Day throughout our area helping various sister organizations and clubs to set up and operate during this 24 hour event. Field Day is ham radio's open house. Every June, more than 40,000 hams throughout North America set up temporary transmitting stations in public places to demonstrate ham radio's science, skill and service to our communities and our nation. It combines public service, emergency preparedness, community outreach and technical skills all in a single event. Field Day has been an annual event since 1933, and remains the most popular event in ham radio.

73

## *Bob Long*

Bob Long KC2PSN, WQME569

Nassau County RACES / CERT Chief Radio Officer





# RACES 2019 Trainings



Meeting Date	Training Topic	Individual Responsible	
January 28	ICS Forms	Michael Arcari	Bob Long
February 25		Bob Jordan	
March 18	Leadership	Tom Vaughn	
April 15	Long Island Marathon Planning Meeting	Bob Long	Michael Arcari
May 20	Skywarn - Summer Reportable Criteria	Michael DeMita	
June 17	Interoperability	Michael Arcari	
July 15	Leadership	Tom Vaughn	
August 19	Psychological First Aid	Michael Arcari	
September 16	Preparedness Training	Michael Arcari	
October 21	Skywarn - Winter Reportable Criteria	Michael DeMita	
November 18	Table Top Exercise	Michael Arcari	Ton Vaughn
December 16	Year End Review	Bob Long	Michael Arcari

<b>Other Training Topics</b>	<p><i>Physiological First Aid</i></p> <p><i>Safe Talk</i></p> <p><i>Team building / Leadership (2)</i></p> <p><i>Table Top of some kind</i></p> <p><i>Training on any new equipment we may get</i></p> <p><i>CERT Refresher (broken down to elements, or two months)</i></p> <p><i>Guest Speakers?</i></p> <p><i>Other Ideas</i></p>
------------------------------	--

# Fireworks

Each July 4th, thousands of people, most often children and teens, are injured while using consumer fireworks. Despite the dangers of fireworks, few people understand the associated risks - devastating burns, other injuries, fires, and even death.

## Fireworks by the numbers

- Fireworks start an average of 18,500 fires per year, including 1,300 structure fires, 300 vehicle fires, and 16,900 outside and other fires. These fires caused an average of three deaths, 40 civilian injuries, and an average of \$43 million in direct property damage.

In 2017, U.S. hospital emergency rooms treated an estimated 12,900 people for fireworks related injuries; 54% of those injuries were to the extremities and 36% were to the head. Children younger than 15 years of age accounted for more than one-third (36%) of the estimated 2017 injuries.

## Deaths and Injuries

CPSC staff received reports of 11 nonoccupational fireworks-related deaths during 2015. Nine of the 11 fatalities in 2015 were related to reloadable aerial devices, and two were associated with manufacturing homemade devices. One victim died in a house fire caused by making homemade fireworks. Ten victims died from direct impacts of fireworks. Reporting of fireworks-related deaths for 2015 is not complete, and the number of deaths in 2015 should be considered a minimum.

CPSC staff receives an average of 7.4 reports of fireworks-related deaths per year.

Fireworks were involved in an estimated 11,900 injuries treated in U.S. hospital emergency departments during calendar year 2015 (95 percent confidence interval 9,100–14,800). The estimated rate of emergency department-treated injuries is 3.7 per 100,000 individuals in the United States.

There is not a statistically significant trend in estimated emergency department treated, fireworks-related injuries from 2000 to 2015.

An estimated 8,000 fireworks-related injuries (or 67 percent of the total estimated fireworks-related injuries in 2015) were treated in U.S. hospital emergency departments during the 1-month special study period between June 19, 2015 and July 19, 2015 (95 percent confidence interval 5,500–10,400).

Of the fireworks-related injuries sustained, 61 percent were to males, and 39 percent were to females.

Children younger than 15 years of age accounted for 26 percent of the estimated 2015 injuries. Forty-two percent of the estimated emergency department-treated, fireworks-related injuries were to individuals younger than 20 years of age.



Young adults 15 to 19 years of age had the highest estimated rate of emergency department-treated, fireworks-related injuries (6.1 injuries per 100,000 people). Children 5 to 9 years of age had the second highest estimated rate (4.2 injuries per 100,000 people).

There were an estimated 1,900 emergency department-treated injuries associated with sparklers and 800 with bottle rockets.

There were an estimated 1,200 emergency department-treated injuries associated with firecrackers. Of these, an estimated 41 percent were associated with small firecrackers, an estimated 18 percent with illegal firecrackers, and an estimated 41 percent with firecrackers for which there was no specific information.

The parts of the body most often injured were hands and fingers (an estimated 32 percent); head, face, and ears (an estimated 25 percent); eyes (an estimated 16 percent); legs (an estimated 15 percent); and arms (an estimated 4 percent).

Sixty-five percent of the emergency department-treated injuries were burns. Burns were the most common injury to all parts of the body, except the eyes, where contusions, lacerations, and foreign bodies in the eyes occurred more frequently.

Approximately 85 percent of the victims were treated at the hospital emergency department and then released. An estimated 15 percent of patients were treated and transferred to another hospital or admitted to the hospital.





# FIREWORKS

Each year, fireworks injure thousands and cause thousands of fires.



Fireworks cause an estimated **18,500** reported fires in the U.S. each year.

U.S. hospital emergency rooms saw an estimated 12,900 people for fireworks-related injuries in 2017.



## Fireworks Injuries by Body Part

Eye  
**14%**

Arm  
**6%**

Hand or Finger  
**31%**

Head, Face or Ear  
**22%**

Trunk or Other  
**10%**

Leg  
**17%**





# Fireworks Safety

Fireworks are often used to mark special events and holidays. However, they are not safe in the hands of consumers. Fireworks cause thousands of injuries each year. People can enjoy fireworks safely if they follow a few simple safety tips:

## BE CAREFUL!

- Be safe. If you want to see fireworks, go to a public show put on by experts.
- Do not use consumer fireworks.
- Keep a close eye on children at events where fireworks are used.

## CONSUMER FIREWORKS

**NFPA is opposed to consumer use of fireworks.** This includes sparklers and firecrackers. Even sparklers burn hot enough to cause third-degree burns.



## FACTS

- ! More than 16,000 reported fires are started by fireworks annually.
- ! Sparklers account for roughly one-quarter of emergency room fireworks injuries.

## Cooling Savings

**Taking a "whole house" approach to temperature control can help you save money.**



Cooling your home uses more energy (and energy dollars) than any other "comfort system" in your home. You can save money and increase your comfort by properly maintaining and upgrading your equipment.

- Ensure that the size of your central air conditioning system is correct for the amount of square footage that needs to be cooled. Properly-sized units also help keep the humidity down, making for a more comfortable and efficiently cooled room.
- If you have central air conditioning, regular maintenance is essential. Keep the condenser unit coils and fins clean. Remove grass, leaves, and other debris that may collect on them. Keep shrubbery away from your air conditioner. It can block vents and reduce the unit's ability to exhaust air.
- Regular maintenance will ensure that your room air conditioner operates efficiently throughout the summer. Check the filter once a month by holding it up to a bright light. If you cannot see through it, it's time to clean or replace the filter. Also, check your owner's guide to find out how to safely clean the condenser coils and fins on the outside of the unit.
- Seal spaces around the air conditioner with caulking to prevent cool air from escaping and hot air from entering.
- Fans can make your air conditioner's job easier. Pedestal and ceiling fans improve the air circulation in your home, allowing you to raise the air conditioner's thermostat.
- When it's not too hot, consider using portable or ceiling fans instead of air conditioners.
- Whole-house fans help cool your home by pulling cool air through the house and exhausting warm air through the attic. They are most effective when operated at night and when the outside air is cooler than the inside.
- To stay comfortable during the hottest hours of the day, do your cooking, ironing, laundry, and bathing in the early morning or late evenings. These activities all increase the level of humidity in your home, making it feel hotter. Your home will stay cooler by using heat-generating appliances in the early morning or late evening, when the outside temperature is lower.
- Turn off kitchen, bath, and other exhaust fans as soon as they are no longer needed after cooking or bathing. This type of fan removes cooled air from your home.
- Of course, always look for ENERGY STAR®-labeled appliances. In addition, look for a high Seasonal Energy Efficiency Ratio (SEER) on air conditioning units for optimum efficiency and lower cooling bills.
- Storm windows keep cool air in and hot air out. Weather-stripping and caulking windows and doors will also keep cool air from leaking out and hot air from entering.

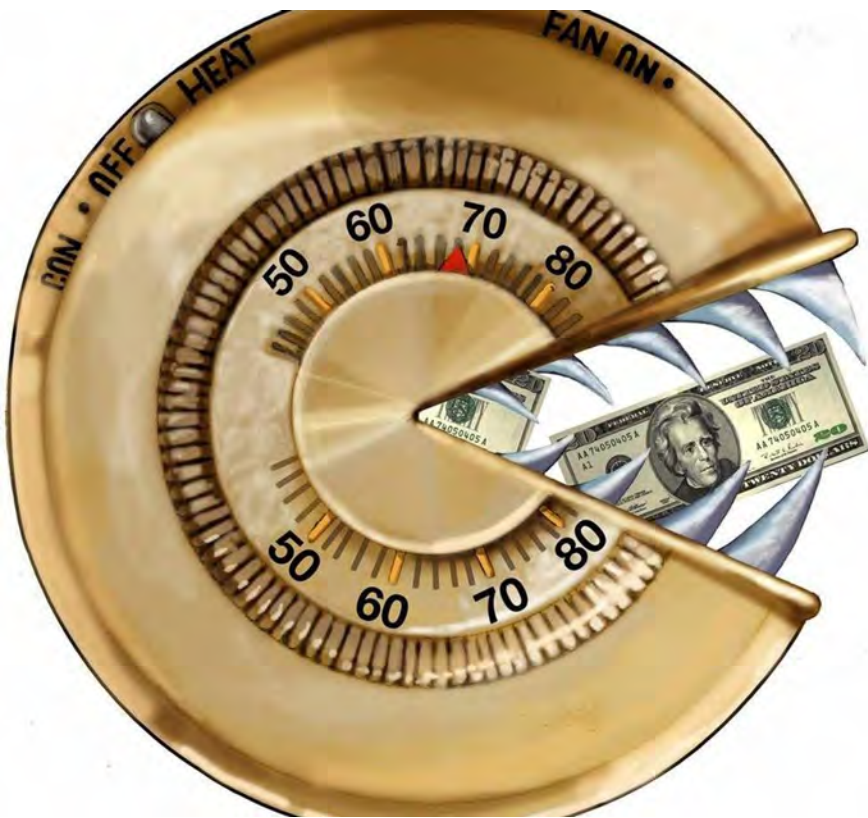


- The temperature in your attic can reach 150 degrees on hot summer days. Improving the ventilation in your attic will lower the temperature of the entire house and make your air conditioner's job much easier.
- Depending on the size of your home, you can save three percent on your cooling costs for every degree you raise your thermostat in the summer. Raising the thermostat from 73 to 78 degrees can equal savings of up to 15% in cooling costs.
- Don't set your thermostat at a colder setting than normal when you first turn on your air conditioner. This will not cool your home any faster and could result in excessive cooling at an additional expense, as the unit will need to work harder.
- Consider where your window air conditioning unit will be installed, and look for a unit that will direct air in the right direction.
- The size and location of your room air conditioners has a lot to do with how efficient they will be. Try to place your units on the north, east, or the best-shaded side of your home. A unit exposed to direct sunlight has to work much harder and use more energy to cool your home. Consult the chart below for proper sizing.

Area To Be Cooled (square feet)*	Capacity Needed (BTUs per hour)
100 up to 150	5,000
150 up to 250	6,000
250 up to 300	7,000
300 up to 350	8,000
350 up to 400	9,000
400 up to 450	10,000
450 up to 550	12,000
550 up to 700	14,000
700 up to 1,000	18,000
1,000 up to 1,200	21,000
1,200 up to 1,400	23,000
1,400 up to 1,500	24,000
1,500 up to 2,000	30,000
2,000 up to 2,500	34,000

To determine the area to be cooled, simply multiply the length of the room by the width of the room. A 10 foot by 10 foot room is 100 square feet, so it would require a 5000 BTU unit. You should make adjustments the BTU size if any of the following apply in your home:

- If the room is heavily shaded, reduce the BTU capacity by 10%
- If the room is very sunny, increase the BTU capacity by 10%
- If more than two people regularly occupy the room, add 600 BTUs for each additional person
- If the unit is used in a kitchen, increase the capacity needed by 4,000 BTUs



Web Bryant, USA TODAY



# HELP SAVE THE LIFE OF A LOVED ONE!

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>

## Description:

Overdose prevention workshop with Naloxone/Narcan training. Learn to recognize an overdose and reverse it to save a life. And then, find out what to do next - treatment and recovery options.

Uniondale Fire Department  
154 Uniondale Avenue  
Uniondale, NY 11553  
Wednesday, July 10, 2019 07:00 PM

American Legion Hall  
Post 44, 250 Franklin Avenue,  
Malverne, NY  
Wednesday, August 14, 2019 07:00 PM

Bethpage Senior Community Center  
103 Grumman Road West  
Bethpage, NY 11714  
Monday, September 9, 2019 07:00 PM

Glen Cove High School  
150 Dosoris Lane  
Glen Cove, NY 11542  
Monday, October 21, 2019 07:00 PM

Farmingdale Senior High School  
150 Lincoln Street  
Farmingdale, NY 11735  
Tuesday, October 22, 2019 07:00 PM



# July 2019 - Upcoming Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3		5	6
7	8	9	10	11	12	13
14	15 RACES Meeting 7:30 pm	16	17	18 Officers Meeting 7:30 pm	19	20
21	22	23	24	25	26	27
28	29	30	31			

## **Important CERT Dates**

### **RACES Meeting**


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

-----  
**Officers Meeting**

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



# August 2019 - Upcoming Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5		7	8	9	10
11	12	13	14	15	16	17
18	<div style="background-color: green; color: white; padding: 5px; text-align: center;">                     19                      RACES                      Meeting                      7:30 pm                 </div>	20	21	22	23	24
25	26	27	28	29	30	31

## Important CERT Dates

### RACES Meeting

August 19th  
 Nassau County OEM Lecture Hall  
 Time: 7:30 pm  
 -----



## Nassau County CERT Coordinator

**Bob Chiz & Joshua DaSilva**

[oemcert@nassaucountyny.gov](mailto:oemcert@nassaucountyny.gov)

## CERT Deputy Director

**Paul Shapiro**

[pshapiro@nassaucountyny.gov](mailto:pshapiro@nassaucountyny.gov)

### CERT Section Chiefs

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

#### Division 1

Division Supervisor

**Bill Pavone**

[nassaucertdiv1@yahoo.com](mailto:nassaucertdiv1@yahoo.com)

#### Division 2

Division Supervisor

**Judy Ryan**

[nassaucertinfo@gmail.com](mailto:nassaucertinfo@gmail.com)

#### Division 3

Division Supervisor

**Alex Gallego**

[nassaucertdiv3@outlook.com](mailto:nassaucertdiv3@outlook.com)

#### Division 4

Division Supervisor

**Rich Zebrowski**

[rzebrow312@aol.com](mailto:rzebrow312@aol.com)

#### Division 5 - Campus CERT

Division Supervisor

**Stephanie Gobbo**

[Stephanie.Gobbo@liu.edu](mailto:Stephanie.Gobbo@liu.edu)

**PLEASE HELP US RECRUIT NEW MEMBERS!!**

**Classes are on Wednesdays at:**

**Office of Emergency Management**

**510 Grumman Road West**

**Bethpage, Ny 11714**

**[OEMCERT@NASSAUCOUNTYNY.GOV](mailto:OEMCERT@NASSAUCOUNTYNY.GOV)**

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