



# CERT



## NASSAU COUNTY



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**CERT IS  
WHAT  
YOU  
MAKE IT**



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

## *CERT Monthly Newsletter*

**SEPTEMBER 2019**

Dear Members,

September is National Preparedness Month, but every day of the year is a great time to help individuals and families in your community, as well as employees and students, be prepared for any crisis. This years theme is "Prepared, Not Scared."

This year Wednesday, September 11, marks the 18 anniversary of that day that changed our lives and attacked out freedom. On that day 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 suffering and feeling the effects.

We had great participation for National Night Out at the various locations. We received many complements from officials and leaders. We would like to Thank you to all who participated at this event.

Also we have a upcoming event, Community Day on Saturday, September 14 from 11am-4pm . The event will be at Memorial Park, New Hyde Park. We are still looking for a few CERT members to assist that day. If you are available to participate, please reply to: [OEMCERT@nassaucountyny.gov](mailto:OEMCERT@nassaucountyny.gov)

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 Wednesday, September 25th at the Long Beach Public Library. Information and details about the class are in this newsletter. As current members, you are the best ambassadors the program has. Please help spread the word. If you know anyone who may be interested, please refer them to us via [oemcert@nassaucountyny.gov](mailto:oemcert@nassaucountyny.gov).

Have a Happy, Safe and enjoyable Labor Day and joyous Rosh Hashana.

Thank you for your time and service

Best regards

*Bob , Joshua & Paul*



We have a class beginning on September 25, 2019 at the:

**Long Beach Public Library**

**111 West Park Avenue**

**Long Beach, NY 11561**

**CERT Basic Class -Fall 2019**

Day / Date	Topic	Class	Location
Wednesday, September 25, 2019	Introduction / What is CERT	1	Long Beach Public Library
Wednesday, October 16, 2019	Fire Safety / Portable Radio Fundamentals	2	Long Beach Public Library
Wednesday, October 23, 2019	Disaster Medical Operations	3	Long Beach Public Library
Wednesday, October 30, 2019	Light Search & Rescue Operations	4	Long Beach Public Library
Wednesday, November 6, 2019	Emergency Operations Center / Warehouse	5	OEM
Wednesday, November 13, 2019	Sheltering Operations	6	Long Beach Public Library
Wednesday, November 20, 2019	Disaster Psychology / Terrorism / Graduation	7	Long Beach Public Library

# Tell a Friend



# National Night Out

August 6, 2019

## CERT Participates in National Night Out Westbury



**JFK Middle School  
Bethpage**

**CERT  
Members with  
Legislator  
Rose Walker**

**Bunky Reid  
Park  
Westbury**



**National Night Out  
August 6, 2019**

**CERT Participates in National Night Out**



**Bunky Reid  
Park  
Westbury**



**Thank you to all who participated in National Night Out**



# Radio Amateur Civil Emergency Services (RACES)

## RACES / CERT Comms Group SITREP

On August 19th our monthly meeting was held at Nassau County OEM. After the business portion of the meeting we turned our attention to our monthly training portion. This month, our topic was Psychological First Aid Training. Even though this was an introductory training, it did give participants the core components on how to deal with stress and gave them the ability to effectively interact with individuals who are experiencing stress related reactions to a disaster or health emergency. We thank Michael Arcari KD2KOE for preparing and conducting this training. Please keep in mind our trainings are open to all, so keep an eye out for a skill set you may need a refresher on or something new to learn for you to add to your tool box.

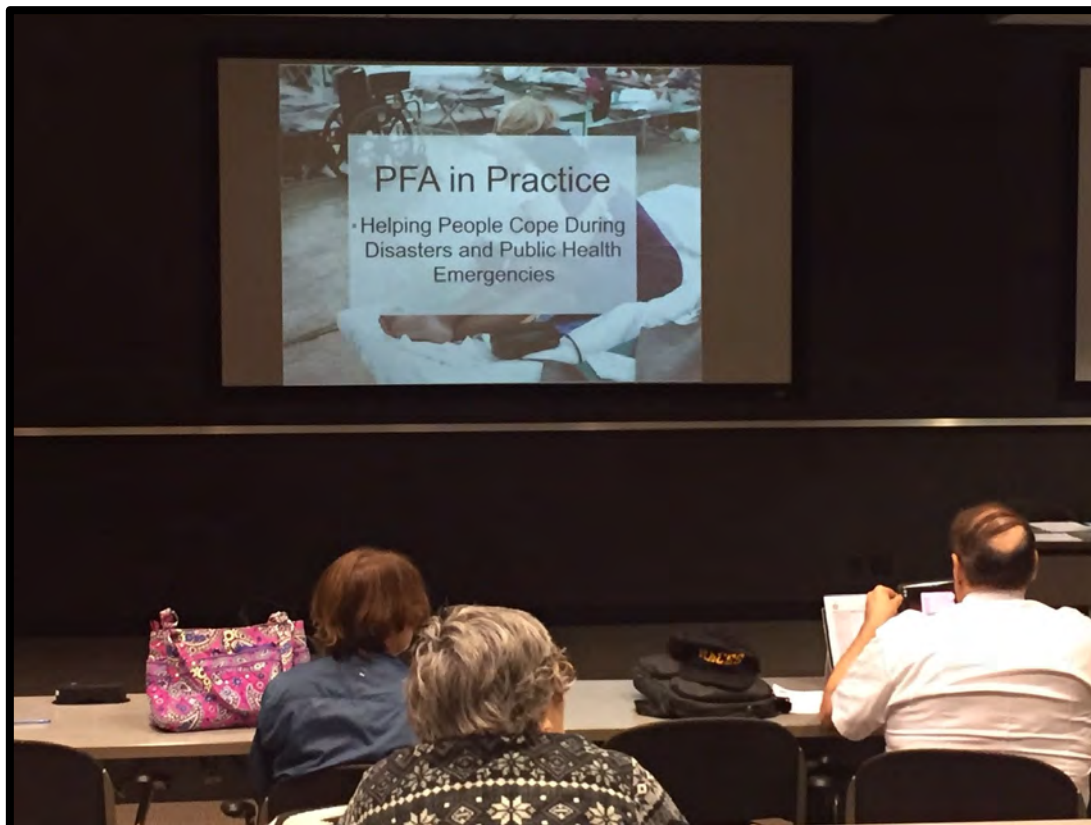
Next month our topic will be "Being Prepared". We hope to see you then!

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>
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# PREPARED, NOT SCARED



FEMA

Ready

National Preparedness Month 2019

**Week 1: Sept 1-7**

Save Early for Disaster Costs

**Week 2: Sept 8-14**

Make a Plan to Prepare for Disasters

**Week 3: Sept 15-21**

Teach Youth to Prepare for Disasters

**Week 4: Sept 22-30**

Get Involved in Your Community's Preparedness



## **Week 1 - September 1-7: Save Early for Disaster Costs**

- Most homeowners' and renters' insurance does not cover flood damage. Learn more about flood insurance.
- Snap photos of important documents and personal belongings to help you quickly file an insurance claim after a flood.
- Start talking with your children early about money. Include kids in discussions about saving for a disaster.
- 30 Days: The number of days it takes for most flood insurance policies to go into effect. Don't wait until it's too late!
- Are you financially prepared for a natural disaster? Learn how to make a plan with @CFPB's tips: <https://go.usa.gov/xPbJy> #BeReady
- What important documents should you have for an emergency? Download the Emergency Financial First Aid Kit, which will walk you through the planning process: <https://go.usa.gov/xypkQ> #PrepareNow
- Plan ahead: how will you pay your bills if a disaster strikes?
- According to the Federal Reserve, 40% of Americans don't have \$400 in savings. What will you do if there is a disaster! Learn tips to become more financially prepared: [www.ready.gov/financial-preparedness](http://www.ready.gov/financial-preparedness) #BeReady.
- Keep some cash on hand in case of emergencies, since ATMs and credit card readers won't always be available. Cash can help pay for immediate expenses like lodging, food and gas.
- Set aside a small amount from each paycheck to go into your savings account. Find more tips to help you manage your money to be prepared for the unexpected: <https://www.usa.gov/flec> #BeReady





## Week 2 - September 8-14: Make a Plan

- Be Prepared. Make an emergency plan today & practice it.
- Preparing your family for an emergency is as simple as a conversation over dinner. Get started today!
- It's important to include kids in the disaster planning process. Review your family emergency plan together so that they know what to do even if you are not there.
- Practice your fire escape plan by having a home fire drill at least twice a year with everyone in the home.
- Download a group texting app so your entire circle of family and friends can keep in touch before, during & after an emergency.
- Practice evacuating in the car with your animals, so they're more familiar if you need to evacuate in an emergency.
- Be prepared. Get the @fema app with weather alerts for up to 5 locations, plus disaster resources and safety tips.
- Contact your water and power companies to get on a "priority reconnection service" list of power-dependent customers if you rely on electrical medical equipment.
- Learn how to turn off utilities like natural gas in your home.



WEATHER ADVISORIES



HURRICANE PREPAREDNESS



FLOOD ZONE MAP

## Week 3 -September 15 - 21: Youth Preparedness

# Get Your Kids On Your Team!

- Teach children what to do in an emergency if they are at home or away from home.
- Help your kids know how to communicate during an emergency. Review these topics with them: Sending text message; Emergency contact numbers; Dialing 9-1-1 for help [ready.gov/kids](http://ready.gov/kids) #PrepareNow #BeReady #YouthPrep
- Update school records and discuss emergency contact numbers with kids before they go: [ready.gov/make-a-plan](http://ready.gov/make-a-plan) #BackToSchool #YouthPrep
- Add your kids' school's social media info to the family communication plan: [ready.gov/kids/make-a-plan](http://ready.gov/kids/make-a-plan) #YouthPrep #ReadyKids
- Review your family emergency communications plan with kids at your next household meeting. #YouthPrep #ReadyKids
- Include your child's medication or supplies in your family's emergency kit. More tips visit: [ready.gov/kit](http://ready.gov/kit) #YouthPrep #ReadyKids
- Include your child's favorite stuffed animals, board games, books or music in their emergency kit to comfort them in a disaster. #YouthPrep
- Get the kids involved in building their own emergency kit: [www.ready.gov/kids/build-a-kit](http://www.ready.gov/kids/build-a-kit) #YouthPrep #ReadyKids
- Kids can #BeAForce... by playing the online emergency preparedness "Build a Kit" game: [www.ready.gov/kids/games](http://www.ready.gov/kids/games) #YouthPrep #ReadyKids
- Speak Up! Ask your child's teacher about the plans the school has in place for emergencies. #BacktoSchool #YouthPrep [www.healthychildren.org/English/safety-prevention/all-around/Pages/Actions-Schools-Are-Taking-to-Make-Themselves-Safer.aspx](http://www.healthychildren.org/English/safety-prevention/all-around/Pages/Actions-Schools-Are-Taking-to-Make-Themselves-Safer.aspx)
- Your kids can become Disaster Masters with this @Readygov preparedness game: [www.ready.gov/kids/games](http://www.ready.gov/kids/games) #YouthPrep
- Are your students prepared for an emergency? Download curriculum for grades 1-12 for your classroom: [www.ready.gov/kids/educators](http://www.ready.gov/kids/educators) #YouthPrep
- 4th and 5th Grade Teachers: STEP up and use this emergency preparedness curriculum: [www.fema.gov/media-library/assets/documents/110946](http://www.fema.gov/media-library/assets/documents/110946) #YouthPrep
- Teaching kids about disaster prep is important. See the 9 steps @FEMA @RedCross @usedgov have for #YouthPrep <http://bit.ly/2axiPcl>

## **Week 4 -September 22 -30: Get Involved in Your Community's Preparedness**

### **Each of you have taken steps already, by being involved with CERT**

- Community Emergency Response Teams (CERTs) trains volunteers to prepare for the types of disasters that their community may face.
- Learn about the hazards most likely to affect your community and their appropriate responses.
- Every community has voluntary organizations that work during disasters. Visit <https://www.nvoad.org> to see what organizations are active in your community.
- Your community needs YOU! Find youth volunteer and training opportunities to help your community here: [www.ready.gov/youth-preparedness](http://www.ready.gov/youth-preparedness) #YouthPrep #BeReady
- Finding support from friends, family, and community organizations can help kids cope with disasters.
- Check in with neighbors to see how you can help each other out before and after a storm. If you have a disability, plan ahead for accessible transportation that you may need for evacuation or getting to a medical clinic. Work with local services, public transportation or paratransit to identify accessible transportation options.
- If you have a disability contact your city or county government's emergency management agency or office. Many keep lists of people with disabilities so they can be helped quickly in a sudden emergency.





# 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.

Bethpage Senior Community Center—Refresher Class  
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

# September 2019 - Upcoming Events

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

## Important CERT Dates

### Division 1 Meeting

September 4th  
Nassau County OEM Lecture Hall  
Time: 7:30 pm

### RACES Meeting

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

### Officers Meeting

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

### Division 2 Meeting

September 24th  
Island Park Public Library  
Time: 7 pm



# October 2019 - Upcoming Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1	2	3	4	5
6	7	8	 YOM KIPPIR	10	11	12
13	 Columbus Day	15	16 CERT Basic Class # 2	17 Officers Meeting 7 p.m.	18	19
20	21 RACES Meeting 7:30 pm	22	23 CERT Basic Class # 3	24 CERT All -County Meeting	25	26
27	28	29	30 CERT Basic Class # 4	 HAPPY HALLOWEEN		

## **Important CERT Dates**

### **Officers Meeting**

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

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### **RACES Meeting**

October 21st  
Nassau County OEM Lecture Hall  
Time: 7:30 pm

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### **All-County Meeting**

October 24th  
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 3**

Division Supervisor

**Alex Gallego**

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

#### **Division 2**

Division Supervisor

**Judy Ryan**

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

#### **Division 4**

Division Supervisor

#### **Division 5 - Campus CERT**

Division Supervisor

**Stephanie Gobbo**

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

### ***CERT Basic Class***

**New Class Begins September 25th**

**Long Beach Public Library**

**111 West Park Avenue**

**Long Beach, NY 11561**

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

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

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