



CERT



NASSAU COUNTY

BRUCE A. BLAKEMAN  
NASSAU COUNTY EXECUTIVE

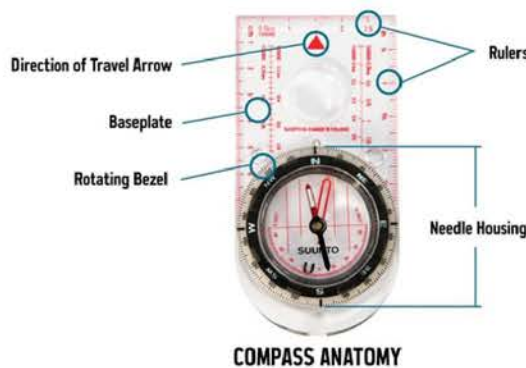
MONTHLY NEWSLETTER

February 2023

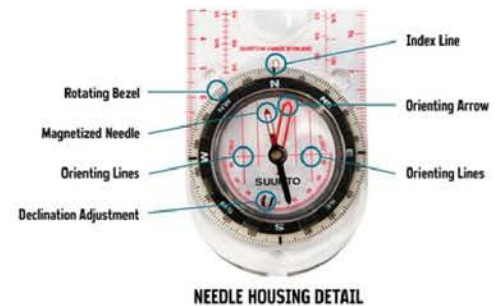
# What is a Compass, what is declination, and how to determine it?



(Continued from last month)



COMPASS ANATOMY



NEEDLE HOUSING DETAIL

COUNTY, STATE  
&  
FEDERAL  
ONE TEAM

Continuing from last months issue, we will dive a little deeper into the understanding of using a compass. First, use the images above to familiarize yourself with the basic parts of a compass. Compasses come in many different varieties but they all function in the same basic way, using a magnetized needle **CONT. ON NEXT PAGE**



that will float and orient itself to the earth's magnetic North pole. The compass in the images above is excellent for use in navigation because it includes a clear baseplate and rulers so that you can see a map below it and take distance measurements using the map's scale.

North on a map, or true north, is located at the top of the page, but magnetic north (where your needle points) differs by a few degrees in most locations throughout the world. This difference between true north and magnetic north is known as declination. In order to adjust for it, you must determine the declination value in your area.

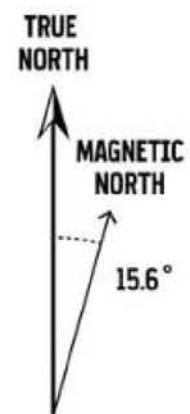
Topographic maps list this value but it changes over time. Check your map's revision date to make sure it is up to date or you can consult the National Oceanic and Atmospheric Administration (NOAA) for the latest declination value in your area. The method to determine declination varies with different compass brands, some require a small tool, follow the instructions provided with your compass for best results. Once you set the declination for a trip, you don't have to change it again unless you travel to another distant place. In the U.S., declination can vary from 20 degrees east in places on the West Coast to nearly 20 degrees west in places on the East Coast. Every degree matters when navigating in the wild. A 15-degree error on a mile-long hike can put you a quarter mile away from your intended destination.

Not every compass has adjustable declination, but if you plan on doing any actual navigating, you should invest in a compass that has this feature.

Some can simply be adjusted by squeezing the center of the compass and rotating the declination indicator until it points to the correct number of degrees east or west. Others require a tool or key that is included and has to be inserted into an adjustment screw and turned to match the given declination for your area. This series on How to Use a Compass will continue in next month's edition of the newsletter where we will go over How to Choose a Compass and How to Read a Topo Map.

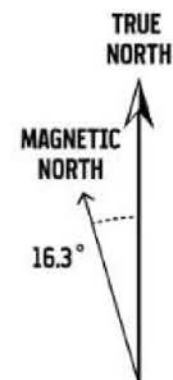


The difference between magnetic north and true north is "magnetic declination".



**Mount Rainier NP**  
15.6° East

Example of declination for Mt. Rainier NP



**Acadia NP**  
16.3° West

Example of declination for Acadia NP



# EXTREME COLD WEATHER GUIDE

## What Is Extreme Cold?

What constitutes extreme cold and its effects can vary across different areas of the country. In regions relatively unaccustomed to winter weather, near freezing temperatures are considered “extreme cold.” Whenever temperatures drop decidedly below normal and as wind speed increases, heat can leave your body more rapidly. These weather-related conditions may lead to serious health problems. Extreme cold is a dangerous situation that can bring on health emergencies in susceptible people, such as those without shelter or who are stranded, or who live in a home that is poorly insulated or without heat.

## Plan Ahead

Prepare for extremely cold weather every winter its always a possibility. There are steps you can take in advance for greater wintertime safety in your home and in your car.

### Winter Survival Kit for Your Home

Keep several days’ supply of these items:

- Food that needs no cooking or refrigeration, such as bread, crackers, cereal, canned foods, and dried fruits. Remember baby food and formula if you have young children.
- Water stored in clean containers, or purchased bottled water (5 gallons per person) in case your water pipes freeze and rupture.
- Medicines that any family member may need.

If your area is prone to long periods of cold temperatures, or if your home is isolated, stock additional amounts of food, water, and medicine.

### Winter Survival Kit for Your Home

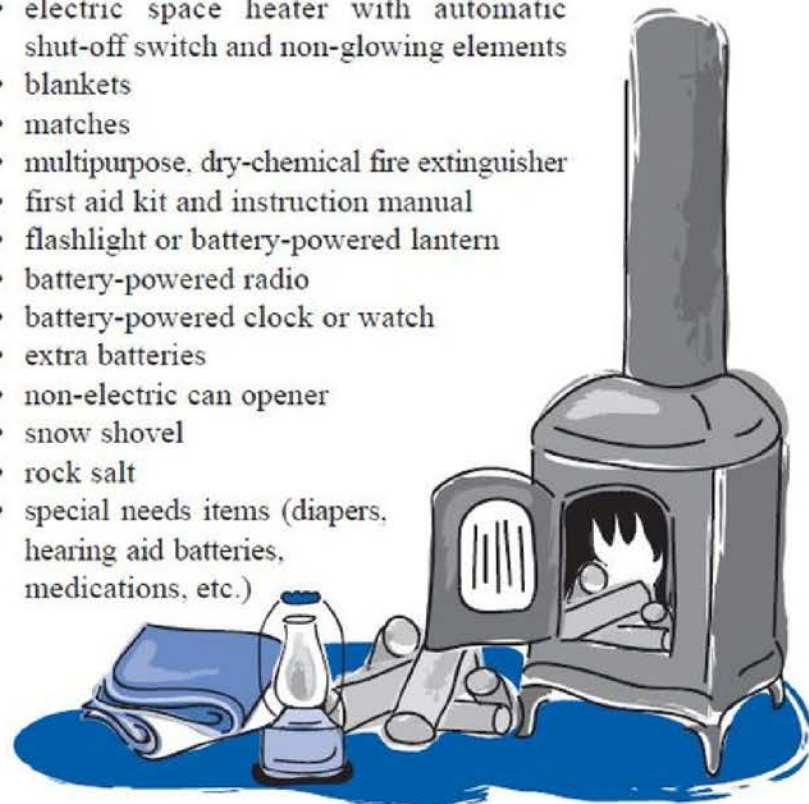
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If your area is prone to long periods of cold temperatures, or if your home is isolated, stock additional amounts of food, water, and medicine.

## Emergency Supplies List:

- an alternate way to heat your home during a power failure:
  - dry firewood for a fireplace or wood stove, or
  - kerosene for a kerosene heater
- furnace fuel (coal, propane, or oil)
- electric space heater with automatic shut-off switch and non-glowing elements
- blankets
- matches
- multipurpose, dry-chemical fire extinguisher
- first aid kit and instruction manual
- flashlight or battery-powered lantern
- battery-powered radio
- battery-powered clock or watch
- extra batteries
- non-electric can opener
- snow shovel
- rock salt
- special needs items (diapers, hearing aid batteries, medications, etc.)





# Cold-Weather

## Health Emergencies

Serious health problems can result from prolonged exposure to the cold. The most common cold-related problems are hypothermia and frostbite.



### Hypothermia

When exposed to cold temperatures, your body begins to lose heat faster than it can be produced. Prolonged exposure to cold will eventually use up your body's stored energy.

The result is hypothermia, or abnormally low body temperature.

Body temperature that is too low affects the brain, making the victim unable to think clearly or move well. This makes hypothermia particularly dangerous because a person may not know it is happening and won't be able to do anything about it.

Hypothermia is most likely at very cold temperatures, but it can occur even at cool temperatures (above 40°F) if a person becomes chilled from rain, sweat, or submersion in cold water.

Victims of hypothermia are often (1) elderly people with inadequate food, clothing, or heating; (2) babies sleeping in cold bedrooms; (3) people who remain outdoors for long periods—the homeless, hikers, hunters, etc.; and (4) people who drink alcohol or use illicit drugs.

### Recognizing Hypothermia

Warnings signs of hypothermia:

- |   |   |
|---|---|
| <p><b>Adults:</b></p> <ul style="list-style-type: none"> <li>• shivering, exhaustion</li> <li>• confusion, fumbling hands</li> <li>• memory loss, slurred speech</li> <li>• drowsiness</li> </ul> | <p><b>Infants:</b></p> <ul style="list-style-type: none"> <li>• bright red, cold skin</li> <li>• very low energy</li> </ul> |
|---|---|

### What to Do

If you notice any of these signs, take the person's temperature. If it is below 95°, the situation is an emergency—get medical attention immediately.

If medical care is not available, begin warming the person, as follows:

- Get the victim into a warm room or shelter.
- If the victim has on any wet clothing, remove it.
- Warm the center of the body first—chest, neck, head, and groin—using an electric blanket, if available. Or use skin-to-skin contact under loose, dry layers of blankets, clothing, towels, or sheets.
- Warm beverages can help increase the body temperature, but do not give alcoholic beverages. Do not try to give beverages to an unconscious person.
- After body temperature has increased, keep the person dry and wrapped in a warm blanket, including the head and neck.
- Get medical attention as soon as possible.

A person with severe hypothermia may be unconscious and may not seem to have a pulse or to be breathing. In this case, handle the victim gently, and get emergency assistance immediately. Even if the victim appears dead, CPR should be provided. CPR should continue while the victim is being warmed, until the victim responds or medical aid becomes available. In some cases, hypothermia victims who appear to be dead can be successfully resuscitated.

### Frostbite

Frostbite is an injury to the body that is caused by freezing. Frostbite causes a loss of feeling and color in affected areas. It most often affects the nose, ears, cheeks, chin, fingers, or toes. Frostbite can permanently damage the body, and severe cases can lead to amputation. The risk of frostbite is increased in people with reduced blood circulation and among people who are not dressed properly for extremely cold temperatures.



## Recognizing Frostbite

At the first signs of redness or pain in any skin area, get out of the cold or protect any exposed skin—frostbite may be beginning. Any of the following signs may indicate frostbite:

- a white or grayish-yellow skin area
- skin that feels unusually firm or waxy
- numbness



A victim is often unaware of frostbite until someone else points it out because the frozen tissues are numb.

## What to Do

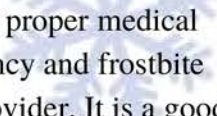
If you detect symptoms of frostbite, seek medical care.

Because frostbite and hypothermia both result from exposure, first determine whether the victim also shows signs of hypothermia, as described previously.

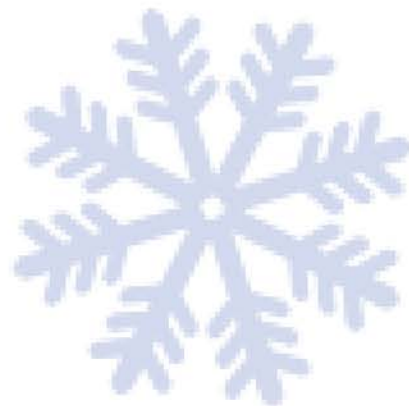
Hypothermia is a more serious medical condition and requires emergency medical assistance.

If (1) there is frostbite but no sign of hypothermia and (2) immediate medical care is not available, proceed as follows:

- Get into a warm room as soon as possible.
- Unless absolutely necessary, do not walk on frostbitten feet or toes—this increases the damage.
- Immerse the affected area in warm—not hot—water (the temperature should be comfortable to the touch for unaffected parts of the body).
- Or, warm the affected area using body heat. For example, the heat of an armpit can be used to warm frostbitten fingers.
- Do not rub the frostbitten area with snow or massage it at all. This can cause more damage.
- Don't use a heating pad, heat lamp, or the heat of a stove, fireplace, or radiator for warming. Affected areas are numb and can be easily burned.



These procedures are not substitutes for proper medical care. Hypothermia is a medical emergency and frostbite should be evaluated by a health care provider. It is a good idea to take a first aid and emergency resuscitation (CPR) course to prepare for cold-weather health problems. Knowing what to do is an important part of protecting your health and the health of others.







# Radio Amateur Civil Emergency Services (RACES)



We hope everyone had an enjoyable holiday season and are starting off the new year fresh. We at Nassau County RACES started off the new year with a few changes to our monthly general meeting agenda. We will now have two trainings. The first of these will be a review of ICS forms. Each month we will go over one or two ICS forms during the business portion of our meetings. We will go over why we use these forms and how to fill them out. The second training will follow the meeting, as it has always, and will be on related topics to refresh and / or learn a new skill set.

On January 5th we kicked off the new training with ICS 201 Incident Briefing. The “Incident Briefing” or ICS 201 provides the incoming incident commander with the basic information regarding the incident and the resources allocated. In addition to being a briefing document ICS 201 also serves as an initial action worksheet. As this was the first time we offered this training there was no after meeting training for January.

Moving forward the ICS training will follow the Club News and the after meeting training will provide those in attendance with a second training that will help them better serve their community. All our trainings are open to everyone and we will endeavor to keep to the schedule for 2023 trainings. As always, we may find it necessary to adjust the training schedule due to events, which may occur, but hope to stay on track.

If you are interested or just curious about Emergency Communications we invite you to attend our meetings and trainings. The next RACES / CERT Communications meeting will be held on Thursday February 2nd at 7:30pm in the lecture hall, 510 Grumman Road West, Bethpage NY. Hope to see you there.

73  
Bob Long, KC2PSN  
RACES Chief Radio Officer  
Website: [www.nassauraces.net](http://www.nassauraces.net)  
Email: [nassaucountyny.races@gmail.com](mailto:nassaucountyny.races@gmail.com)  
If



If you SEE Something SAY Something



# Radio Amateur Civil Emergency Services (RACES)

2023  
RACES Trainings

| Month     | ICS Training  | After meeting training                         |
|-----------|---|--|
| January   | 201 - Incident Briefing   | -----  |
| February  | 202 - Incident Objectives<br>203 - Organizational Assignment List                     | Plain Language                                 |
| March     | 204 - Division Assignments<br>205 - Communications Plan<br>205A - Communications List | Leadership                                     |
| April     | 206 - Medical Plan<br>207 Organizational Chart  | Long Island Marathon                           |
| May       | 208 - Site Survey and Control Plan  | Skywarn Exercise / Summer Reportable Criteria, |
| June      | 213 - General Message<br>214 - Unit Log   | Shelter Operations                             |
| July      | 217A - Radio frequency assignment worksheet / resource planning worksheet (personnel) | Leadership,                                    |
| August    | 309 - Communications radio log  | HF Net   |
| September | AAR / Hot Wash after action report / Hot wash form                                    | Preparedness                                   |
| October   | ICS Review  | Skywarn Exercise / Winter Reportable Criteria  |
| November  | ICS and After Meeting Training will be combined                                       | ICS Table Top                                  |
| December  | Training suspended  | 2023 Year in Review / Year Ahead 2024          |

*Note: Trainings maybe changed due to events / activations.*

# Calendar of Events

## February

| S  | M  | T  | W  | T                         | F  | S  |
|----|----|----|----|---------------------------|----|----|
|    |    |    | 1  | 2 RACES Meeting<br>7:30pm | 3  | 4  |
| 5  | 6  | 7  | 8  | 9                         | 10 | 11 |
| 12 | 13 | 14 | 15 | 16                        | 17 | 18 |
| 19 | 20 | 21 | 22 | 23                        | 24 | 25 |
| 26 | 27 | 28 |    |                           |    |    |

## March

| S  | M  | T                  | W                   | T                         | F  | S  |
|----|----|--------------------|---------------------|---------------------------|----|----|
| 26 | 27 | 28                 | 1 CERT DIV1 Meeting | 2 RACES Meeting<br>7:30pm | 3  | 4  |
| 5  | 6  | 7                  | 8                   | 9                         | 10 | 11 |
| 12 | 13 | 14                 | 15                  | 16                        | 17 | 18 |
| 19 | 20 | 21 flood insurance | 22                  | 23                        | 24 | 25 |
| 26 | 27 | 28                 | 29                  | 30 NFSA Leadership        | 31 |    |



**CERT Division 1 Meeting  
7:00pm**



**RACES Meeting  
7:30pm**

## Important Dates

RACES Meeting - 7:30pm Thursday February 2nd, March 2nd

CERT Division 1 Meeting - 7:00pm Wednesday March 1st





**NASSAU COUNTY CERT COORDINATORS**

**BOB CHIZ & RICK DELUCIA  
OEMCERT@NASSAUCOUNTYNY.GOV**

**DIVISION 1**

**DIVISION SUPERVISOR  
BILL PAVONE  
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**DIVISION 2**

**DIVISION SUPERVISOR  
MARVIN STEIN  
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