

Laura Curran  
County Executive

*CERT All-Member  
Monthly Newsletter*

APRIL, 2018

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**CERT IS  
WHAT  
YOU  
MAKE IT**



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

**Nassau County CERT Newsletter**

Dear Members

It is with deep sorrow that we had the recent passing of several first responders, FDNY Lieutenant Michael Davidson as well as 106th Rescue Wing members; Staff Sergeant Dashan Briggs, Captain Andreas O’Keeffe, FDNY Lieutenant Christopher J. Raguso, and Firefighter Christopher “Tripp” Zanetis. They will all be sorely missed and remembered for everything they did for their communities and our country. Please keep their families and love ones in your thoughts and prayers.

We have finalized the dates for some upcoming training. CPR/AED is on Wednesday, May 2. Class size is limited to twenty members. You must register for the class. If interested, please e-mail [OEMCERT@nassaucountyny.gov](mailto:OEMCERT@nassaucountyny.gov). “Stop the Bleed” will be Tuesday May 15, no need to register for this class. Both classes will be held at the OEM Lecture Hall, Bethpage. Classes start at 7pm.

In the upcoming months we will have some great opportunities to volunteer at the Long Island Marathon and the Bethpage Credit Union airshow at Jones Beach. See the attached calendar for dates. Also, we will be conducting outreach at various events. Those details will be released shortly.

Just recently Rich Zebrowski has assumed responsibility as the Division 4 Leader. We all would like to extend our support and assistance in his new endeavor.

We would like to wish everyone and their families a Happy, Safe and Enjoyable Passover and Easter.

Best Regards,

*Bob, Danielle & Paul*



Winter's end brings hope for brighter days and warmer temperatures. Unfortunately, spring also ushers in its own challenges and unique safety issues. There's a lot more to spring cleaning than vacuuming up the dust mites that accumulated over the cold, dark months of winter. The fresh start of spring is the best time to ensure your home is safe, prepared, and nontoxic for another year.

As the snow melts and the sun starts to shine longer and brighter, keep this checklist handy to help you avoid any potential perils this spring and to provide a safe home for your family.

## **Before You Get Started:**

### **Take It Slow**

The first whiff of spring prompts do-it-yourself dynamos to begin beautifying their yards. Digging, planting, mowing, and trimming can be surprisingly strenuous after a winter of inactivity, so minimize your chances of limping back into the house. Stretch before vigorous activity, lift with your legs, use well-maintained tools, and break up heavy loads into multiple trips.

### **Dress the Part**

A big part of staying safe is dressing for the part. Depending on the activity you will be participating in, make sure you're using the proper safety equipment: wear safety goggles, sturdy shoes, and long pants, as well as gloves and ear protection if necessary.

## **Inside Your Home:**

### **Replace Your Filters**

Indoor air can be up to five times more polluted than outdoor air - especially during the winter when we trap our indoor air inside with us. To help improve your indoor air quality, air out your house while spring cleaning, and clean or replace the filters on your air conditioning unit and furnace, as well as your dryer, vacuum, range hood, and refrigerator.

### **Go Green**

Use organic cleaners to help minimize the risks associated with toxic cleaners. Be aware that “natural” does not necessarily mean “nontoxic,” and carefully review labels for dangerous chemicals before purchasing any cleaners. You could also make your own household cleaners out of common household items, like vinegar and lemon juice.

### **Test the Batteries in Your Smoke Detectors**

To verify your smoke detectors are in good working condition, test each one individually. Ask a family member to stand as far away as possible from the detector you are testing — it’s vital that your family can hear every detector from anywhere in the house — then press and hold the test button on the detector. If it doesn’t let out an alarm loud enough for your assistant to hear, change the batteries and test it again. If it still doesn’t work, replace the detector as soon as possible.

### **Check Your Carbon Monoxide Detectors**

You should have a carbon monoxide detector outside every room and on every level of your home, and check the batteries in each one every month. The gas sensors in CO detectors have a limited lifespan — and the test button tests only the battery, not the sensor — so replace or recalibrate your detectors at least every five years, even if the detector still beeps when you push the test button.

### **Review (or Create) Your Family Emergency Plan**

Take advantage of the new season by reviewing your disaster preparedness plan with every member of your household and update it to reflect anything that may have changed in the last year. Your plan should include at least two rendezvous points, an emergency contact person, and an evacuation route. Once you have reviewed the plan, run a few drills for the natural disasters that can occur in your area, like fire, flooding, and earthquake.

## **Inside Your Home:**

### **Clean Out the Medicine Cabinet**

Properly dispose of all expired and unused medications in your home. Many medications are considered too dangerous to throw away or flush down the toilet, so call your pharmacy or local poison control center to find any drop-off sites that will take your expired medications.

### **Update Your First Aid and 72-Hour Kits**

Check your first aid kit and 72-hour kit and replace any missing or expired items. Make sure you have all the essentials, including bandages, water, and emergency phone numbers for the local poison control center and your family physician.

### **Check Your Fire Extinguishers**

Every home should have at least one fire extinguisher in an easy-to-access location. Although fire extinguishers can have a long shelf life, they do eventually expire — and once they do, they are useless in a fire. Make sure you check the expiration date on your fire extinguishers and keep them updated.

### **Secure Your Home**

Don't leave tools, valuable equipment, or cellphones lying around your lawn, which may invite dishonest people to take advantage of your carelessness. Remember to engage your alarm system, and check your window frames to make sure winter moisture hasn't caused any warping which would leave them vulnerable to a break in. You may also want to make a call to your security company to check if there are any updates or changes to your system you should be aware of. If your house isn't safeguarded with a security system, make time during your spring cleaning to find a reliable security company that works for you and your family.

# Outside Your Home:

## Prepare for the Thaw

If winter buried your house in snow, start preparing for the spring thaw. As snow melts and refreezes, ice can build up in “ice dams” and slide off your roof — taking shingles, gas lines, or electrical meters with it and causing leaks and fire hazards. Fallen ice can also cover and block vents, forcing carbon monoxide back into your house. Clear any snow or debris off your roof and check your gutters for proper drainage to avoid flooding.

## Check Your Pipes

Turn your sprinklers back on, but watch out for cold spring nights that may cause frozen pipes — or pipes that froze during the winter without you realizing it.

## Get Your Yard Ready

Trim back dead trees and shrubs before they can fall and cause injuries and carefully trim back any branches that have grown too close to electrical wiring. Clear overgrown plants from walkways and reposition any dislodged stepping stones or other garden decorations to avoid tripping hazards.

## Clean Out Chimneys and Gutters

Cleaning your chimney will help reduce the risk of fire as well as carbon monoxide buildup. This same principle goes for your roof gutters: not only is the buildup of debris a fire hazard, but if your area is prone to rainfall, dirty gutters are a flooding hazard as well.

## Watch Out for Pests

According to the Center for Disease Control (CDC), thousands of people are stung by bees and other insects each year. These can range from minor irritations to serious allergic reactions and even death. If you get stung or bitten, stay calm and treat the area immediately. Seek medical attention if the site gets red and swollen or if you have trouble breathing.

## Stay Safe on the Road

Spring showers don't just bring May flowers, they also make the roads slick and potentially treacherous. Warmer weather also means more cyclists and children playing outside, increasing the need for driver diligence. To keep yourself and others safe on the road, schedule a vehicle maintenance check to ensure tires, wipers, and brakes are functioning properly.

**Spring is a wonderful time to work and play outside and check items off your home to-do list. By maintaining vigilance and caution, you stay safe and healthy and cruise into summer concussion- and cast-free. Use this checklist as a guide to keep safety in mind while spring cleaning your home.**

We have begun our first CERT Basic class for 2018.

Graduation is scheduled for April 18, 2018

All members are welcome to attend any class as a refresher.





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>

**Narcan in West Hempstead**

**West Hempstead Public Library, 500 Hempstead Ave, West Hempstead, NY 11552**

**Monday, April 9, 2018 07:00 PM**

**Naloxone/Narcan in Woodmere**

**Woodmere Fire Department, 20 Irving Place, Woodmere, NY 11598**

**Monday, April 16, 2018 07:00 PM**

**Naloxone/Narcan Training in Bayville**

**Bayville Fire Department, 258 Bayville Ave, Bayville, NY 11709**

**Wednesday, April 18, 2018 07:00 PM**

**Naloxone/Narcan in Long Beach**

**Long Beach Public Library, 111 W Park**

**Ave, Long Beach, NY 11561, 2nd Floor Auditorium**

**Tuesday, June 12, 2018 07:00 PM**



# Radio Amateur Civil Emergency Services (RACES)

Hello from the CERT Comm.'s Group,

This has been a very busy month for the CERT Comm.'s group in supporting OEM in multiple situations, stand by activators for those holding OEM 800 radio during the 4 Nor Eastern's as well as our partnership with BTG who ran a resource net in support of OEM & NWS!

Members gave snow fall reports as well as advising on any hazards they may have come across during the storms.

On 3/14/18 The CERT Comm.'s Group help teach the new CERT's the basic radio skill set needed to become a Cert, also our members gave a intro to the ICS (Incident Command System) forms we use as well as a quick overview of what a IAP (Incident Action Plan) is and how it is used during any event or activation.

On 3/19/2018 we held our monthly RACES / CERT Communication Meeting and had a presentation by Tom Vaughn Div. #1 deputy leader on Success of Decision Making. We thank Tom for his presentation. We also had a surprise guest as we successfully managed to get TJ K2LIE to participate via FB Live!

-73-

Bob Long KC2PSN / WQME569

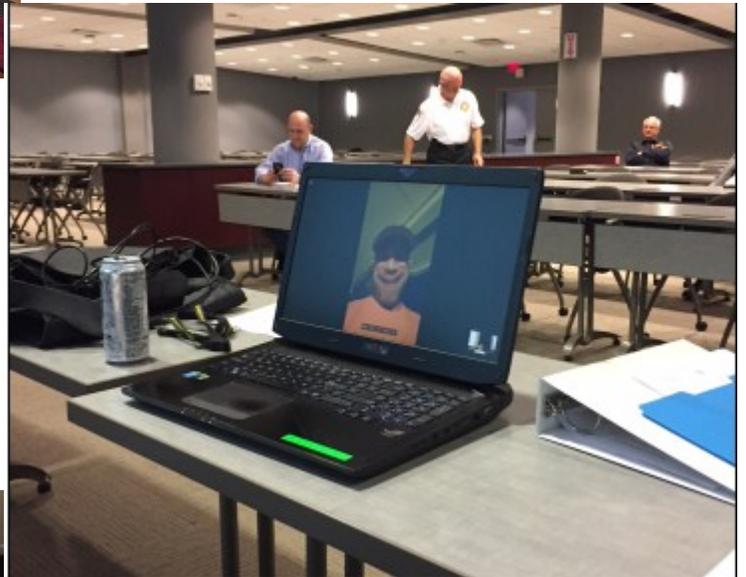
## RACES Meeting and Training 2018

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)



# April 2018 - Upcoming Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	2	3	<b>4</b> CERT Basic Class # 5	5	6	7
	9	10	<b>11</b> CERT Basic Class # 6	12	13	14
15	<b>16</b> RACES Meeting 7:30 p.m.	<b>17</b> Division 2 Meeting	<b>18</b> CERT Basic Class # 7 Graduation	<b>19</b> Officers Meeting 7pm	20	21
	23	24	25	26		28
29	30					

## Important CERT Dates

### RACES Meeting

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

### Division 2 Meeting

April 17th  
 Island Park Public Library  
 7pm

### Officers Meeting

April 19th  
 Nassau County OEM Lecture Hall  
 Time: 7 pm

## CERT Basic Class

**LIU-CW Post Campus  
 Humanities Hall - Room 119  
 720 Northern Blvd  
 Brookville, NY 11548**

**April 4, April 11 (at OEM),  
 April 18(Graduation)**

# May 2018 - Upcoming Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 CPR Training 7pm	3	4	
	7	8	9	10	11	12
	14 RACES Meeting 7:30 p.m.	15 Stop The Bleed Training 7pm	16	17 Officers Meeting 7pm	18	19
20	21	22	23	24	25	26 
27 		29	30	31		

## Important CERT Dates

### CPR Training

May 2nd  
Nassau County OEM Lecture Hall  
Time: 7 pm

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### RACES Meeting

May 14th  
Nassau County OEM Lecture Hall  
Time: 7:30 pm

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### Stop The Bleed Training

May 15th  
Nassau County OEM Lecture Hall  
Time: 7 pm

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### Officers Meeting

May 17th  
Nassau County OEM Lecture Hall  
Time: 7 pm





## Nassau County CERT Coordinator

**Bob Chiz & Danielle Krause**

[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)

## CERT BASIC CLASS

LIU-CW Post Campus  
Humanities Hall - Room 119  
720 Northern Blvd  
Brookville, NY 11548

February 28, March 7, March 14, March 24, March 28, April 4, April 11 (Graduation)

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

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