

Edward P. Mangano  
County Executive

***CERT All-Member  
Monthly Newsletter***

Craig J. Craft  
Commissioner

**AUGUST 2015**

Main Office:

516-573-9656

Email:

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

**CERT IS  
WHAT  
YOU  
MAKE IT  
INSIDE THIS**

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***From the desk of the Deputy Director  
Eric Zausner***

I know that we are experiencing the dog days of summer right now and the last thing on any of our minds is Autumn or that school is starting soon. However, each year children are subjected to bullying or other crimes at or on their way to or from school. I am enclosing John Walsh's safety tips, so that all children will be safe as we enter, the Back to School Season...

SAFETY EXPERT, JOHN WALSH, PRESENTS  
**BACK TO SCHOOL  
SAFETY TIPS**

- 1 Develop a family safety plan for emergencies that's easy to use and includes: designated meeting places outside of the house, emergency contact information and a first-aid kit.
- 2 Landmark your child's school route with a map - designate "safe zones" like schools, community centers and libraries where you know they can get help in an emergency.
- 3 Get to know the other children and parents in your neighborhood and make sure your kids use the "buddy system" when walking to and from school.
- 4 Reinforce "stranger danger" - Saying no to strangers or any adult who makes them feel scared or uncomfortable, and quickly getting away while yelling, "this is not my parent".
- 5 Consider personal safety products, designed to help keep your kids safe in the case of any uncertain or dangerous situations including:  
• Getting lost • Threatening strangers • Allergic reactions or medical emergencies • Bullying

**f Share** these tips with family  
& friends. Have a safe school year! *- John Walsh*

## CERT BASIC CLASS



## Welcome to our new Division 2 Leader Judi Ryan:



We are pleased to announce that Judi Ryan is taking over as CERT Division 2 leader. We have spoken with her, and she brings a new, fresh, energetic perspective. We know that she will do great things.

In response Judi said "*It is with sincere gratitude and enthusiasm, I accept the position as Division 2 Supervisor for Nassau County CERT. My vision is to incorporate skills training, strengthen communications and develop leadership utilizing our core values as a guidepost.*"

We wish her the best of luck!

Jim & Eric







**Jim and I on behalf of Commissioner Craig Craft would like to welcome Nassau's newest CERT members. These new members completed their training this past month. Congratulations and Welcome!!**


# Division 2 Summer Meeting



*New Division 2 Leader Judi Ryan held her first division meeting in July, where she as a Red Cross certified instructor taught members of her division important First Aid skills.*



# August 2015 - Upcoming Events

August 2015						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
2	3	4 CERT Table at the National Night in Westbury at Bunky Reid Park 5PM	5	6 RACES Meeting & CERT BASIC #4 FREEPORT	7 Creole Family Night Eisenhower Park	1 Eisenhower Pk Concert
						8 Eisenhower Pk Concert
9	10 LI Philharmonic Eisenhower Park	11 42nd Infantry Division Band Eisenhower Park	12	13 CERT BASIC #5 FREEPORT	14 Oldies Show Eisenhower Park	15
16	17 Nassau Has Talent Eisenhower Park	18	19	20 Division Leaders 7 PM & CERT BASIC #6 FREEPORT	21 Abba Mania & Stayin' Alive Bee Gees Tribute Eisenhower Park	22 Joan Jett Eisenhower Park
23	24	25	26	27 CERT BASIC #7 FREEPORT	28 Desert Highway Eagles Tribute Band Eisenhower Park	29
<b>National Marshmallow Toasting Day</b> 	31					

## CERT at the National Night Out

August 4, at Bunky Reid Park, Westbury

## RACES/Comms Meeting - Thurs Jun. 4th

OEM Lecture Hall Time: 7:00 pm

## Division Leaders Meeting - Thurs June 18th

OEM Lecture Hall Time: 7:00 pm

## CERT Basic Class at the Freeport Rec.

Center, Thursdays continues thru 8/27

Freeport Rec Center Time: 6:30

**PLEASE NOTE THE August 20th CLASS  
IS THE FIELD TRIP WHICH WILL TAKE**

**PLACE IN BETHPAGE.**

## Lakeside Theatre Concert Series

Please look at the calendar above for the specific concerts which are highlighted by yellow boxes. We are looking again to have CERT volunteers hand out material prior to the start of the show and in exchange you will receive concert tickets in the VIP section for your efforts

***Remember CERT will start to take requests to be  
at each of these concerts for Outreach 5 days  
prior to each show.***

***All Concerts are for 7pm unless listed otherwise***



# September 2015 - Upcoming Events

September 2015						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
		1	2	3 RACES Meeting OEM Lecture Hall 7:00PM	4	5
6	7 LABOR DAY 	8	9	10	11	12 Eisenhower Pk Concert Series
13	14 	15 	16	17 Division Leaders Meeting 7:00PM	18	19 NHP Street Fair & Eisenhower Pk Concert Series 5:00pm
20	21	22 Yom Kippur 	23 Yom Kippur 	24	25	26  CERT DRILL
 Street Fair	28	29	30			

## **RACES/Comms Meeting - Thurs Sept 2nd**

OEM Lecture Hall

Time: 7:00 pm

## **Division Leaders Meeting -**

### **Thurs Sept 17th**

OEM Lecture Hall

Time: 7:00 pm

## **New Hyde Park Street Fair**

September 19th

## **Westchester County CERT Drill**

September 26th

## **Order of the Sons of Italy Street Fair**

Massapequa Park

September 27, 11:00-6:00PM

## **Lakeside Theatre Concert Series**

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# Generator Buying Guide

*Reprinted from Consumer Reports*

## Getting started

Blackouts needn't lead to spoiled food and nights by flashlight. Consumer Reports' generator tests show that you can start powering a houseful of lights and appliances for less than \$700. But as we found, some important components cost extra.

We focused on moderately priced portable and stationary models that deliver 5,000 to 7,000 watts, enough for most needs. Portables cost the least and can be stored in a garage or shed when you don't need them. A lower-priced model powered refrigerators, well pumps, and other home gear almost as well as a more expensive top-scorer.



Stationary models install permanently outside your home and start automatically when needed. And because they run on propane or natural gas instead of gasoline, they offer extended or unlimited run time.

Buying a generator is just the beginning. Many models don't come with parts that you'd think would be part of the price. And some could let you down when you need them most or put an added load on appliances. Here are the details.

## Reliability matters

Generators are typically sold by wattage. How much they put out determines not only how many lights and appliances you can run at once but how well they run. For example, a refrigerator often requires about 600 watts, a portable heater 1,500 watts, a window air conditioner 1,000 watts, and lights 60 to 200 watts. Our [wattage calculator](#) provides an average wattage rating for most appliances and devices to help you to tally your needs.

"Batteries not included" applies. Several portables offer electric starting. But the battery required for that feature usually costs an extra \$50. And if you think all portables have wheels, think again: They're a \$150 option on one model we tested.

Some slipped when demand surged. All of the tested generators met their basic wattage claims. Manufacturers also make higher surge-wattage claims for the extra power needed when fridges, air conditioners, and pumps cycle on. Subpar surge wattage lowered the power-delivery scores of some models in our tests.

Some can overheat appliances. Our power-quality test judges the ability to deliver the 120 volts that home circuits usually need. Most met that challenge although one model was more than 10 volts shy under a heavy load and voltage from another was also low--and slightly uneven. Both conditions make motorized appliances and some electronics run hotter.

## How to choose

Decide what you really need to power. If that includes a central air conditioner or an electric dryer or oven, you'll need a larger generator than the ones we tested. Here's what else to keep in mind:

Count on a transfer switch. It costs about \$500 to \$900 installed and connects a portable generator to your home's circuit box as with a stationary model. In addition to eliminating the risk and hassle of extension cords, the switch protects the generator and appliances from damage when grid power returns and keeps the generator from endangering technicians working on the power lines.

Think about the fuel. Most portables use roughly 8 to 22 gallons of gasoline a day, compared with four to eight 20-pound tanks of propane for portable models. (A 250-gallon tank for stationary units can run 8 to 15 days.) Buying and storing lots of fuel before a storm can be unwieldy, although you can pour unused gasoline into your car's gas tank.

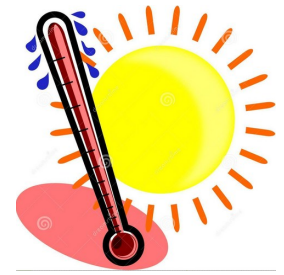
Look for smart features. All but two of the portable generators in our tests turn themselves off when engine oil is low. And the fuel shutoff on all tested gasoline models lets you run the engine dry to draw gas out of the fuel system to keep it from fouling parts if it degrades during storage.





## **BE WARY OF THE “DOG DAYS”** **OF AUGUST**

-- Allan E. Mallenbaum



The “dog days” of summer don’t end with July but continue well into August. The “dog days” are supposedly the hottest time of the year in our area. During August, the average temperature in Nassau County drops by only about 1.5 degrees so our awareness of the toll that heat can take on our bodies remains critical.

Last month we discussed heat stroke. Now let’s examine some of the other problems that excessive exposure to the elevated temperatures of the “dog days” of August may cause.

Heat exhaustion is the serious condition which results when the body perspires too much in response to prolonged exposure to heat. The body loses water and electrolytes (salts). It’s not necessary that we distinguish between the two types of heat stroke: water depletion and salt depletion. Both can lead to the more serious heat stroke, or even death, if not treated immediately.

If a person has been working or playing too hard in the heat for too long and starts showing signs of confusion, nausea, vomiting, diarrhea, skin pallor, profuse perspiration, or a rapid heart rate, corrective measures need to be started at once.

Obviously the victim needs to be moved to a cooler location; an air-conditioned environment is best. Rest, drinking plenty of water or water-based fluids, loosening restrictive clothing, and applying cooling measures can be life-saving. But avoid caffeine and alcohol; these can worsen the situation. Sports drinks [Propel, Gatorade, G2, Powerade, and dozens of others!] can help replace lost electrolytes, or simply stir one teaspoon of table salt into a quart of cold water and allow the victim to drink it slowly.

If the victim doesn’t show significant improvement in 10 to 15 minutes, get medical help. Don’t allow the condition to deteriorate into the more serious heat stroke.

Should the person develop any symptoms of shock – bluish lips and fingertips, decreased alertness, seizures, or loss of consciousness – get medical attention without hesitation. If you are trained, start first aid procedures.

Although July temperatures were fairly moderate in 2015, we can’t know what kind of weather August will bring. Newsday reported that changing weather patterns will make our East Coast “more prone to nastier summer heat waves.” By exercising common sense, we can avoid catastrophes such as the deaths from heat waves of more than 50,000 people in western Russia five years ago, and of more than 70,000 people in Europe in 2003.

Some of the less serious problems caused by hot weather include heat syncope – dizziness or fainting; heat cramps – usually the pain is in the abdomen, arms, or legs; and heat rash – often in the folds of the skin. The treatments for these conditions are similar to those of heat exhaustion. If reasonable procedures don’t relieve the heat-caused condition, get professional advice as soon as possible.

As a CERT volunteer, you want to be in the best physical condition possible, so take all of the common sense steps to ensure that you don’t experience any of these entirely preventable hot weather afflictions.

Above all, stay hydrated! And replace the salts which the body has lost through perspiration, in your foods, if feasible.



## **Mangano And Rice: Department Of Homeland Security And County Fire Marshal To Conduct Chemical Defense Demonstration Project**



Nassau County Executive Edward P. Mangano and United States Congresswoman Kathleen Rice today announced that the Department of Homeland Security (DHS) Office of Health Affairs (OHA) Chemical Defense Program (CDP) and the Nassau County Fire Marshal (NCFM), in cooperation with the fire service and other County agencies, will be conducting a one-day modified exercise scenario designed to improve Countywide response capabilities to a large-scale chemical incident. The exercise will take place in October 2015 and will include elements of operational expertise as well as real-time information sharing and decision making.

"This multi-agency exercise allows Nassau County first responders to test their capabilities in real-time while refining and improving strategies for responding to chemical incidences," said County Executive Mangano. "This exercise is an important step in our ongoing preparedness efforts and will assist in strengthening communication among Federal, County and local first responders."

The demonstration project entails a large-scale chemical incident at the Nassau Veterans Memorial Coliseum. Exercise participants will discuss their respective operations following the release of a chemical agent at the Coliseum resulting in mass casualties.

"The threats against our country are constantly evolving, and we have a responsibility to anticipate and prepare for the worst-case scenario," said Representative Kathleen Rice. "This exercise will ensure that our local first responders have the training, skills and communications capabilities they'll need to respond to a large-scale chemical attack. This is a critical investment in our local security, and I look forward to continue working with our federal and local partners to ensure that we're fully prepared to protect the people we serve."

The concept of the exercise is to enhance community-oriented response for large-scale chemical incidents, validate the critical tasks and key decisions required during the immediate response to a chemical incident and to test the draft chemical incident CONOPS, to include agency authorities, roles and responsibilities; agency coordination; and information sharing. The chemical defense demonstration project will focus on operational coordination, situational assessment, public health and medical services and public information and warning.

The Operational Coordination portion of the project will examine multi-agency coordination and information flow between unified command and agency leadership, between responders and medical centers, and between medical centers. It will also examine the roles, responsibilities, and coordination between unified command, the County's Emergency Operational Center (EOC), hospitals, private sector, and other stakeholders.

The Situational Assessment will involve examining how agencies make decisions with uncertain and/or conflicting information and the processes they use to overcome this. During the exercise scenario there will also be a focus on Public Health and Medical services to identify the requirements and existing capacity and capability to provide lifesaving medical treatment at the incident site and at area hospitals.

The demonstration will focus on process of communicating, developing and distributing Public Information and Warnings. It will test the ability of stakeholders to quickly develop and disseminate protective action decisions and other information and warnings to the public.







## CERT Director

**James Kane**

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

## CERT Deputy Director

**Eric Zausner**

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

## CERT Section Chiefs

**Jerry Barnett**

Logistics

**Paul Shapiro**

Planning

**David Sobolow**

Operations

Admin/Finance

### Division 1

Division Supervisor -

**Bill Pavone**

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

### Division 3

Division Supervisor -

**Dave Nieri**

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

### Division 5 - Campus CERT

Division Supervisor -

**Stephanie Gobbo**

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

### Division 2

Division Supervisor -

**Judi Ryan**

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

### Division 4

Division Supervisor -

**Acheson Wilson**

[xusaf4cert@gmail.com](mailto:xusaf4cert@gmail.com)

*“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has.”*

-Margaret Mead

**Deadline for submission of articles, photos and news for the next CERT Newsletter is :**

**August 20th.**

## **CERT BASIC COURSE**

**THE NEXT CERT BASIC COURSE WILL TAKE PLACE ON:  
OCTOBER 1ST, 8TH, 15TH, 22ND, 29TH & NOVEMBER 5TH & 12TH  
SIGN UPS ARE ONGOING—CALL THE OFFICE WITH ANY QUESTIONS.**

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

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

