



CERT All-Member Monthly Newsletter

JUNE 2013

*June 1st begins Hurricane Season
Are you Prepared?*

The CERT monthly newsletter is available on our webpage at:
<http://www.nassaucountyny.gov/agencies/OEM/CC/CERT/brief.html>

CERT IS
WHAT
YOU
MAKE IT!

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The Value of A Team

by John Maxwell

“Nothing of significance was ever achieved by an individual acting alone. Look below the surface and you will find that all seemingly solo acts are really team efforts.”

Have you ever met a successful person who has not had support or guidance from another person? One of the most important factors to success is teamwork. Without a team, leaders rely solely on themselves and their own skills. There’s less room for growth, innovation and collaboration.

“The truth is that teamwork is at the heart of great achievement. The question isn’t whether teams have value.

The question is whether we acknowledge that fact and become better team players.”

As leaders, we are called to cast vision for our teams, but also to get down in the trenches. In order to reach goals and achieve success, we must recognized the importance of the team.

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Radio Amateurs Provide Communication Support in Boston Marathon Bombings

by Paul Shapiro, Division 1 Deputy Division Supervisor

As has happened many times in years past, over 200 Amateur Radio operators participated in communications for the Boston Marathon on Monday, April 15, 2013. Unlike prior challenging situations such as very warm weather for the runners or other weather-related challenges, this year’s marathon will be remembered for the bombings that took place at the finish line. Despite this heinous act, professional first responders, medical volunteers from the American Red Cross that staffed the route, and Amateur Radio operators performed magnificently in the face of adversity.

“Within minutes, cell phone systems became

overloaded and making phone calls and text messages was difficult. Amateur Radio operators performed communication duties under duress and performed admirably. No Amateur Radio volunteers were injured on the course in this terrible act,” said Steve Schwarm, W3EVE, who is the Amateur Radio Course Communication Coordinator and associated with a consortium of clubs and groups known as Marathon Amateur Radio Communications (MARC).

“At the finish line net control, which was only 400 feet from the initial blast, we heard the explosion. I poked my head outside to confirm

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Volunteer Thank You Luncheon

Saturday, June 29th - Noon to 2 pm

OEM Lecture Hall - Bethpage, NY

Please RSVP to oemcert@nassaucountyny.gov



Hicksville Cleanup Day - May 18th - CERT assisted Town of Oyster Bay with logistics and coordination at this first time event in Hicksville. (L to R) Legislator Rose Walker, Dave Nieri, Kenny English, TOB Councilwoman Rebecca Alecia, Assemblyman Michael Montesano, District Court Judge Rhonda Fischer.

**To be a Great CERT Volunteer,
Safety Begins at Home...**
*by Henry Teja
Division 1 Deputy Division Supervisor*

Every CERT volunteer hopefully wants to do their best while engaged in an activation. However if the home status is not secure the volunteer does not concentrate on the duties at hand during activation. Therefore home preparation for one's family and friends near and far become crucial to the performance of a CERT volunteer during activation periods. Hopefully I can give you some suggestions that can make your volunteerism efficient and effective while not disregarding your home obligations and safety.

There are several steps needed to secure your home and ensure the safety of family members, whether you are activated or not.

1. A disaster or emergency plan is needed. This should include contingencies for flexibility in case the situation changes during the disaster or emergency. It should include questions and several staple actions.
 - a. Every emergency is contingent on sheltering. Do we shelter in place or at an alternate location? The emergency situation helps you determine the answer to that question. Your job is to make a detailed plan for sheltering in place to include topics such as:
 - Persons to shelter: immediate and extended family members and/or friends.
 - Power supplies: generator with adequate fuel, solar power, power inverters, batteries, etc.
 - Food and water stores: 7 days is a good

benchmark, 1 month is even better. Rule of thumb:

- * 1 gallon of water per day per person plus 1 gallon per 4 people for cooking and hygiene.
- * 1200-2200 calories per day per person.

Example: for a seven-day supply, a family of 4 would require 35 gals of water and 84 meals/MREs and 56 snacks granola/power bars (2-3 meals plus 2 snacks per person per day).

- Cooking methods: if the power is out, a gas stove or a gas grill, unless your generator can provide ample power to use an electric stove. Campsite or portable camping stoves are useful to have for emergencies. Remember that any fueled stove such as a camp stove or barbecue grill produces harmful gases and should only be used outdoors.
 - Climate control: heat or a/c requirements. Here again some space heaters may not be safe for indoor usage. Always instruct all family members on internal safety and operation of any appliance, backup equipment, or machinery.
 - An alternative "bug out" location and evacuation procedures to a new location if the need arises.
- b. A "bug out" relocation plan.
- Make arrangements with other family members or friends to take you in during crisis times. Often there are several days' notice of major storm events. This time allows relocation of your family to further distances before serving in an activation. Also take note and make alternate arrangements if your primary relocation destination is within the affected area of the emergency.
 - Provide additional water and food stores for your gracious hosts to be. Either way these items are still needed for your own family/friend unit. If your sheltering plan calls for staying with friends or relatives, you can arrange to have additional stores for your family stored with your hosts.
 - Offer to provide additional power sources for hosting your temporary stay if you have a portable generator.
 - Make sure enough clothing and personal items, including prescription medicines, are brought to your new location. Also bring all necessary and important documents with you just in case you need to make a claim for damages. This information should include detailed pictures of your residence exterior and photos of electronic equipment, appliances, and other valuable furnishings.

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Communications Group

What Is the CERT Communications Group (and What does it do?)

by Bob Long, Nassau County CERT/RACES Chief Radio Officer

The answer to that is more than just radio. We are looking for Members that can communicate a message in one of several ways it could be on the website or helping with this newsletter. It could also be making a short video to get out a message or be used for training. And then there is public Speaking. And of course Radios of all kinds FRS, GRMS, Business Band or the County 800 system and let us not forget Amateur Radio!

If you are a CERT Member interested in the Radio aspects come to one of our meetings or see what roll Comm.'s members play in an event or emergency, Come out to one of the events that we are providing Comm.'s for and you will be pair you up with a Amateur Radio Operator or CERT Comm.'s Member for that event.

Congratulations...

...to the following individuals who have recently passed their Amateur Radio Technician Class license test: Michelle "Micky" Ferrandino KD2DWO, Bill Pavone KD2DWI, Dov Klein KD2DWN, Moshe Brooks KD2DWK, and Jim O'Connell KD2DWJ.

We would also like to welcome the following new N. C. RACES Members: Rich Florio W2TMA, Bruce Gronich K2BRG (N. C. Skywarn Coordinator), Gregory Hegmann KD2AWV, Rob Henrichs W1RHH.

Finally, congratulations and welcome to all those who recently graduated from the CERT Basic Class in Floral Park!

Field Day 2013

Field Day is quickly approaching and will be held the weekend of June 22nd and 23rd. Due to several unfortunate reasons N.C. RACES will not have a Field Day site this year. But we urge all those interested in Amateur Radio to visit one of several local Field Day Sites. For those of you not familiar with it, ARRL Field Day is the single most popular on-the-air event held annually in the US and Canada. On the fourth weekend of June of each year, more than 35,000 radio amateurs gather with their clubs, groups or simply with friends to operate from remote locations. Field Day is a picnic, a campout, practice for emergencies, an informal contest and, most of all, FUN! To learn more about Field Day or to find a Field Day Site near you please visit the ARRL at www.arrl.org !

Bob Long KC2PSN

CERT Campus Division - 2013 C-CERT Graduates at LIU-Post

submitted by Darya Hall, C-CERT Division Supervisor



Jasmine Williams
Bachelor of Arts



Jesus Modesto
Bachelor of Arts



Jianing 'Winnie' Wang
Master of Science



Cheolhun Kim
Master of Arts

June 2013 - Upcoming Events

CERT Basic Course - Class 1-4 - Tues June 3, 10, 17, 24

New Cassel Community Center
 141 Garden Street, Westbury NY
 Time: 7:00 - 10:00 pm (1900-2200) - Doors open at 6:30 pm
 NOTE: Spanish Language Basic Class begins on June 10th

Division 1 Meeting - Wed Jun 5th

OEM Lecture Hall
 510 Grumman Rd. West, Bethpage NY
 Time: 7:30 pm (1930)

RACES/Comms Meeting - Thur June 6th

OEM Lecture Hall
 510 Grumman Rd. West, Bethpage NY
 Time: 7:00 pm (1900)

Division 3 Meeting - Wed Jun 12th

Glen Cove Fire Department HQ
 Glen Cove Avenue & Route 107, Glen Cove NY
 Time: 7:00 pm (1900)

Division 2 Meeting - Mon Jun 17th

Beth Sholom Temple
 390 Broadway, Lawrence NY
 Time: 7:00 pm (1900)

Division Leaders Meeting - Thur Jun 20th

OEM Lecture Hall
 510 Grumman Rd. West, Bethpage NY
 Time: 7:00 pm (1900)

CART Shelter Manager Training - Thur June 27th

OEM Lecture Hall
 510 Grumman Rd. West, Bethpage NY
 Time: 7:00 - 10:00 pm (1900-2200) - Doors open at 6:30 pm

Volunteer Thank You Luncheon - Sat June 29th

OEM Lecture Hall
 510 Grumman Rd. West, Bethpage NY
 Time: Noon - 2:00 pm (1200-1400)

COMING UP

CERT Basic Course (Westbury) - July 1st & July 8th

RACES/Comms Meeting - July 3rd

Division 2 Meeting - July 16th

Division Leaders Meeting - July 18th

SAFE Talk Training - July 23rd

RACES/Comms Meeting - August 1st

Advanced Training - POD - August 5th

Division Training Officers Mtg - August 6th

Division Leaders Mtg - August 15

Division 2 Meeting - August 19

Moulage Training - August 22

Division 3 Meeting - August 26

June 2013						
Sun	Mon	Tues	Wed	Thur	Fri	Sat
						1
2	3 CERT Basic	4	5 Div 1 Mtg	6 RACES	7	8
9	10 CERT Basic	11	12 Div 3 Mtg	13	14	15
16	17 Div 2 Mtg CERT Basic	18	19	20 Div Ldrs Mtg	21	22
23	24 CERT Basic	25	26	27 CART Shelter Trng	28	29 Vol Lunch
30						

July 2013						
Sun	Mon	Tues	Wed	Thur	Fri	Sat
	1 CERT Basic	2	3 RACES	4	5	6
7	8 CERT Basic	9	10	11	12	13
14	15	16 Div 2 Mtg	17	18 Div Ldrs Mtg	19	20
21	22	23 Safe Talk Mtg	24	25	26	27
28	29	30	31			

August 2013						
Sun	Mon	Tues	Wed	Thur	Fri	Sat
				1 RACES	2	3
4	5 Adv Trng POD	6 Div Trng Off Mtg	7	8	9	10
11	12	13	14	15 Div Ldr Mtg	16	17
18	19 Div 2 Mtg	20	21	22 Moulage Trng	23	24
25	26 Div 3 Mtg	27	28	29	30	31

Radio Amateurs Provide Communication Support in Boston Marathon Bombings (cont'd from p. 1)

what I thought it was and saw the white smoke. We immediately knew what had happened and commenced a roll call of all ham operators and medical tents. State Police authorities initially ordered us to lock down and post a ham for security watch outside the net control trailer. Thankfully none of our people were hurt," said Paul Topolski, W1SEX, Amateur Radio Finish Line Coordinator.

Following the explosion and roll call, Topolski stated that they began pulling together updates and sent the information via the Massachusetts Emergency Management Agency (MEMA) Web-EOC software tool and provided updates via Amateur Radio. Shortly after sending a few updates both Boston Police and Massachusetts State Police gave the order for the tent area to be evacuated. "In my mind, the course end of things is where a lot of work needed to happen as runners eventually needed to be stopped, congregated and transported to safety and staging areas," Topolski said. "At the finish line, our job was to check on the safety of our people, provide those initial updates and evacuate per police instructions. Three of our Amateur Radio operators redeployed to the Boston Marathon Course Net Control Center."

Across the course outside of the finish line after the bombings occurred, first aid stations were consolidated to larger first aid stations to pool runners for pickup and to keep runners warm as there were enhanced tents along the route where runners could be kept warm and hydrated. At the Heartbreak Hill first aid station, amateur operators had a complete base station setup, including a computer, and were prepared to handle health and welfare traffic as required. Several shelters were set up along the route at churches and schools, and Amateur Radio operators from secured first aid stations went to those shelters, providing communications in those areas until runners were moved out of their locations.

"My role at the request of Steve, W3EVE, as event organizer before the race was to shadow the course medical tent coordinator for the Red Cross, Kandi Finch," said Rob Macedo, KD1CY, who is also the Eastern Massachusetts ARES Section Emergency Coordinator. "It was a challenging position but all organizers on both the Amateur Radio side and Red Cross side said things went well in coordinating during normal race conditions and particularly after the bombings."

At course net control, which was away from the bombings, ham operators controlled their nets calmly and professionally while also expressing an appropriate level of urgency. Over a dozen amateurs at the net control center pooled together to an-

nounce messages and keep status of changes along the course route as required.

Net Control Center Coordinator, Karen Brothers, K1KEB, kept in constant contact with MEMA, where Terry Stader, KA8SCP, was stationed. Stader became the MEMA 'Ops' point person at the State Emergency Operations Center as runners were transported from the shelters to other staging locations. From his location at the EOC, Stader was able to sort out the sheltering plan and reception centers for the runners, subsequent transport of runners from shelter locations and give out information on MBTA bus and train operations.

Jim Palmer, KB1KQW -- who served as a net control at the Net Control Center -- stated that nets were doubled up on operators, to allow one person to operate the radio while the other listened and logged priority calls and ambulance requests, creating a more efficient operation. "Several ambulance requests for dehydration and exhaustion were handled due to the runners needing to be stopped," Palmer said. The specific net that Palmer ran also provided a link between the marathon course and the American Red Cross in its Cambridge facility. Lou Harris, N1UEC; Frank O'Laughlin, WQ1O, and Dan Howard, K1DYO, staffed the Red Cross in Cambridge.

Many amateur operators who volunteered along the marathon route praised Net Control's support after the bombing. "Net Control did an awesome job," said course volunteer David Wihl, KB1VEG. "The workload was busiest after seven hours on the radio, and it didn't let up for another couple hours."

Several young radio amateurs from the Clay Center Amateur Radio Club also supported Net Control Operations, both as direct net control operators and runners for the operation as they have done in the past. This provided a tremendous learning opportunity for these young operators, from both an Amateur Radio perspective and an overall learning perspective.

"Despite the total lack of warning in this situation, amateurs followed a creed I've long since preached since the 9/11 terrorist attacks and the mutual aid response to those attacks: 'blessed are the flexible for they will not get bent out of shape,'" said Steve Schwarm, W3EVE. "Amateurs on the course did what they had to do to assure their own safety and runner safety working with the Red Cross medical people. They did an outstanding job and I was told so by Red Cross organizers as well."



At mile 20 of the Boston Marathon, anxious spectators monitor their smartphones immediately after the explosion. [Phil Temples, K9HI, photo]

Radio Amateurs Provide Communication Support in Boston Marathon Bombings (cont'd from p. 5)

From an ARES perspective, a heightened state of awareness on the Boston Marathon event is typical, but within 15 minutes of the bombings, Eastern Massachusetts ARES Assistant Section Emergency Coordinator, Carl Aveni, N1FY, issued an ARES Stand-By and requested that amateurs give availability for the next 24 hours. Within minutes, 20 amateurs offered their availability.

The ARES sub-regional command center at the Acushnet, Massachusetts EOC (under call sign WA1EMA) was utilized as a control point to obtain critical situational awareness of the rapidly changing situation, as well as to monitor resource nets per a report filed by Acushnet Emergency Management Communications Officer Ed Caron, KA1RSY; he also serves as the South Shore Massachusetts ARES District Emergency Coordinator. A total of five Amateur Radio operators were deployed to this facility. An ARES

resource net was called on the 147.18 Bridgewater repeater with Byron Piette, K1YCQ, as net control with 11 stations checking into the net.

"In terms of having amateurs within ARES who cannot get directly involved in the marathon, we have a process where we have them monitor in case of a situation like what occurred on Monday. That process paid off and facilitated a rapid response to our request for possible additional support," said Carl Aveni, N1FY.

Some radio amateurs who volunteered in the Boston Marathon have posted their stories online; such [story](http://w3atb.com/66-boston-marathon-2013-bombs-carnage-and-amateur-radio-operators) is from Tim Carter, W3ATB, of Meredith, New Hampshire. <http://w3atb.com/66-boston-marathon-2013-bombs-carnage-and-amateur-radio-operators>



Long Island Marathon

The Long Island Marathon was held on May 5th and, after the tragic events that unfolded at the Boston Marathon, many changes were made for security reasons this year. Due to the heightened security there was no CERT presence, yet many of our Amateur Radio Operators wear several hats (including CERT) they were still there representing N. C. ARES. Jim Mezey W2KFV spearheaded the planning and execution of the role that Amateur Radio Operators played during this event. This year it was more like planning and deploying for an activation than a race event with the fluid changes, many at the last minute. As always due to his many years of experience Jim made it look easy. Thanks to Jim and all those "Hams" that showed up to support this ARES Event.



The deadline for submission of news, photos, and articles for the next edition of the newsletter is June 24th.

Submit Photos of CERT members in action for publication in future issues of the monthly newsletter.

The Value of A Team *(Continued from page 1)*

Here are some truths about teams according to “The 17 Indisputable Laws of Teamwork” (by John Maxwell):

1. Teams involve more people. With more people comes more ideas, innovation and energy. When one team member is struggling to move forward, others can step in to take the baton.

2. Teams maximize a leader’s potential and minimize her weaknesses. One of the best things leaders can do is to staff for their weaknesses and focus on their strengths. Everyone can build on what they do best and not focus on their limitations.

3. Teams provide multiple perspectives on how to meet a need or reach a goal.

With a variety of ideas and options, teams create alternatives to choose from for each situation addressed. When one person might feel defeated or focused on only one option, the team can bring new ideas to light.

4. Teams share the credit for victories and the blame for losses. While individuals may enjoy getting credit for success, it can foster pride. With a team, victories are shared and celebrated. When teams fall short, they can pick each other up and encourage each other to “fail forward.”

5. Teams keep leaders accountable for the goal. With a set goal

in mind and a team behind the movement, leaders must be held accountable to others. It is easy for individuals to stray from the end goal when times get rough. Instead, teams can work through the difficulties for a greater reward in the end.

6. Teams can simply do more than an individual. “If you want to reach your potential or strive for the seemingly impossible - you need to become a team player. It may be a cliché, but it is nonetheless true: Individuals play the game, but teams win championships.”

If we want to win as leaders, we must embrace the value of teamwork. Teams go above and beyond what an individual can achieve. Then, as a team, we can celebrate the wins (and work through the losses) together.

We challenge you to look to those around you and visualize your life and career without their support. We have the opportunity to recognize and

praise our team, or to act like we are capable without them. While we may be capable, we cannot reach our full potential without our team.

This week, write your team members a thank you note including specific ways they make you and your organization better.



To Be a Great CERT Volunteer... *(Continued from page 2)*

2. A communications. Sometimes situations come upon us that do not allow enough time to gather our family members and any friends that we may include in our disaster emergency plans. Therefore a communication plan is needed to ensure the accountability for all members included in your emergency sheltering plan. Remember that during 9/11 many cell tower and communications were down or sporadic, and more recently, Hurricane Sandy was even worse for many people. A series of call-in numbers or a calling tree may need to be in place to ensure all members are safe and accounted for. It is important for you to know that they can make it to your planned sheltering area.

- Develop a calling tree. A sequential number of people using land or cell phone to ensure safety and location.
- Use of texting and other electronic communication or computer devices to achieve the same calling tree purpose.
- Use of an out-of-state family member or friend to be used as a call-in center to achieve the same end.
- The use of alternative communication devices such as FRS, GMRS, MURS, Citizen Band, or UHF/VHF radios. Remember that some of these types of radios require training, licensing and fees, to be legally used during non-life threatening situations.

3. Types of food and water supplies. Water can be carried in 9 oz (case), gallon (case) and 5 gallon units. Food is available in cans ready-to-eat (e.g., baked beans, condensed and non-condensed soups, peanut butter and jelly, powered and evaporated milks, granola, protein and power bars, canned meats, crackers, cereals, water additives (such as Cool-Aid, flavor crystals, instant coffee, tea, etc.) or MREs (civilian and military versions) which require just adding boiling water for the most part. Many MREs are sold in cases or 5-6 gallon pails and have shelf lives from 5 years to 25 years. Rotate all food and water stores to prevent spoilage.

4. Type of clothing is dependent on the season, so here again rotate seasonal clothing or carry a variety of clothing but only a little of each. Space is a premium when travelling and relocating.

Once your family and friends are situated in their safety retreat, you as a volunteer CERT can do your duties without fear of your family and friends’ safety. While activated, call in to them often if possible to reassure yourself that your plan was a good one. Following each emergency you must reevaluate your plan, replenish any water and food stores that were utilized, and take feedback from all parties involved.





Grilling Safety

There's nothing like outdoor grilling. It's one of the most popular ways to cook food. But, a grill placed too close to anything that can burn is a fire hazard. They can be very hot, causing burn injuries. Follow these simple tips and you will be on the way to safe grilling.

SAFETY TIPS

- » Propane and charcoal BBQ grills should only be used outdoors.
- » The grill should be placed well away from the home, deck railings and out from under eaves and overhanging branches.
- » Keep children and pets at least three feet away from the grill area.
- » Keep your grill clean by removing grease or fat buildup from the grills and in trays below the grill.
- » Never leave your grill unattended.
- » Always make sure your gas grill lid is open before lighting it.

CHARCOAL GRILLS

- » There are several ways to get the charcoal ready to use. Charcoal chimney starters allow you to start the charcoal using newspaper as a fuel.
- » If you use a starter fluid, use only charcoal starter fluid. Never add charcoal fluid or any other flammable liquids to the fire.
- » Keep charcoal fluid out of the reach of children and away from heat sources.
- » There are also electric charcoal starters, which do not use fire. Be sure to use an extension cord for outdoor use.
- » When you are finished grilling, let the coals completely cool before disposing in a metal container.



Your Source for SAFETY Information

NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169

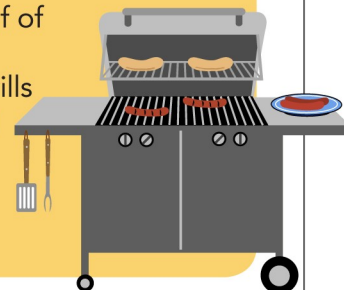
PROPANE Grills

Check the gas tank hose for leaks before using it for the first time each year. Apply a light soap and water solution to the hose. A propane leak will release bubbles. If your grill has a gas leak, by smell or the soapy bubble test, and there is no flame, turn off the gas tank and grill. If the leak stops, get the grill serviced by a professional before using it again. If the leak does not stop, call the fire department. **If you smell gas while cooking, immediately get away from the grill and call the fire department.** Do not move the grill.

If the flame **goes out**, turn the grill and gas off and wait at least **15 minutes** before re-lighting it.

FACTS

- ! July is the peak month for grill fires.
- ! Roughly half of the injuries involving grills are thermal burns.



www.nfpa.org/education