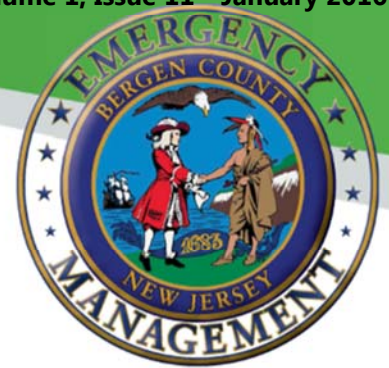


The Civilian Responder

Volume 1, Issue 11~ January 2016



CERT Class 15-02 Graduates

Thirty four new CERT members, representing thirteen municipal CERT Teams, graduated on December 2, 2015 from CERT Class 15-02. This was the first revised training class which included two nights of classroom and practical first aid training, light search and rescue and a practical final exercise. The graduation featured keynote speaker Detective Steven McDonald of the New York City Police Department who was shot in the line of duty and paralyzed from the neck down. Detective McDonald gave a moving talk to the graduates and their guests about his experiences and how forgiving the fifteen year old who shot him has allowed him to move on. Also attending the graduation ceremony was County Executive James Tedesco, Freeholder Maura DeNicola, and Public Safety Director Ralph Rivera.

2016

Training Opportunities

- ◇ POD Exercise
- ◇ Mental First Aid
- ◇ Basic CERT Training
- ◇ Shelter Fundamentals




Bergen County CERT

INSIDE THIS ISSUE	
Western Shelter	2
CERT ID Cards	2
River Vale CERT	3
CERT Training Schedule	3
16-01 Training	4

Detective McDonald reads from a newspaper article which was printed at the time his son was christened (His 23 year old wife was three months pregnant when he was shot). The newspaper headline reads: **Officer Steven McDonald: "I Am the Luckiest Man"**

North Arlington and Mahwah CERT Designated To Assist Health Department



Members of the Mahwah CERT Team take a break from training on the Western Shelter System.

Two municipal CERT teams have stepped up to assist the Bergen County Health Department with the deployment of the Western Shelter System. Representing the southern end of the county is North Arlington CERT and from the northern end of the county Mahwah CERT answered the call. The Western Shelter system is a configuration of three interlocking tents and two trailers. These tents, much the same as military combat operating rooms, are insulated, have full heat and air conditioning and overhead florescent lighting all provided by a stand alone generator.

Members of the Mahwah CERT team have completed the first phase of training having set-up the tent structures. Training will continue with both CERT teams in February when CERT, working with our partners in the health department and New Jersey EMS Task Force will set-up the Western Tent system for a three day exercise. The exercise will include the use of a sleeping, dining and a leisure tent and inter-connected. As a CERT member you will be offered an opportunity to participate in this exercise. CERT members will be required to assist with setting up sleeping quarters, registering volunteers, and food service. Additionally, CERT members will be needed to spend time living in the Western Shelter during this three day event. The tentative date for this event is the weekend of February 27, 2016.

CERT ID CARD SCHEDULE

OEM will process CERT identification cards on Thursdays from 9am to noon, 1pm to 3pm and 4pm to 8pm. No appointment is necessary however CERT members are encouraged to contact Meredith Martin at 201-785-5750 or martin@bcoem.org in advance to confirm that an identification application has been completed and placed in the database.

River Vale CERT Receives Radio Communications Training

The November meeting of the River Vale CERT team included a very interesting presentation by Stan Kober of Ho-Ho-Kus. Stan discussed all phases of radio communications that involve CERT members and RACES. A quote from one of our members after the meeting was as follows: "The meeting last night was fantastic. So informative. I really loved it. Sorry to see Stan retire, but I'm sure he deserves a rest."

At the conclusion of the program, Linda Wayne and Bill Peters presented a plaque to Stan, in recognition of all of his dedication and hard work over the years.



River Vale CERT members Linda Wayne and Bill Peters present Stan Kober with a plaque in recognition of his dedication and hard work over the years to the CERT Program. The plaque reads ***Presented to Stan Kober With Sincere Appreciation for your Exceptional Dedication to the Operations, Training and Support of the Bergen County CERT Program.***

River Vale CERT Team—November 2015

POD Exercise	Thursday, January 14	8am to 1pm	Mahwah
Mental Health First Aid*	Saturday, January 23 & 30	8:30am to 12:30pm	Mahwah
	(*Attendance both sessions required)		
CERT Basic Class 16-01	Tuesday, February 2	7pm to 9:30 pm	Mahwah
Shelter Fundamentals	Thursday, February 18	6:30pm to 10:30pm	Mahwah
Shelter Fundamentals	Saturday, February 20	9am to 1pm	Mahwah
<u>REGISTRATION:</u>			
EMAIL: Evelyn Powell at powell@bcoem.org - All classes are offered on a first come, first serve bases			



**Bergen County
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 Matthew Tiedemann, CEM, Coordinator
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 Matthew Ziemkiewicz, CHS, Deputy Coordinator

Meredith Martin, Planning
 Barry Leventhal, Training & Operations
 Thomas Rose, EMS Coordinator
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*Does your CERT Team have a story for a
 future issue of
 The Civilian Responder?*

*E-mail it to:
 metzler@bcoem.org*



County Executive James Tedesco III addresses CERT Class 15-02 on December 2, 2015

Basic CERT Training Class begins February 2, 2016

Bergen County Emergency Management will kick off the Basic CERT Training Class 16-01 on Tuesday, February 2, 2016 at 7:30pm at the Public Life Safety Institute in Mahwah. New this year students can register on line by visiting the county OEM website. Classes will be as follows:

Date	Topic
02/02/16 Tuesday	CERT & Disaster Preparedness
02/09/16 Tuesday	ICS 100 / 700
02/16/16 Tuesday	Disaster Medical Operations Classroom
02/23/16 Tuesday	Disaster Medical Operations Practical
03/01/16 Tuesday	Terrorism Awareness
03/08/16 Tuesday	Disaster Psychology
03/15/16 Tuesday	Disaster Fire Suppression PowerPoint
03/22/16 Tuesday	Disaster Fire Suppression Practical
03/29/16 Tuesday	Light Search & Rescue Operations
04/05/16 Tuesday	Final Exam/Practical Exercise
04/12/16 Tuesday	
04/19/16 Tuesday	Graduation



CERT Supports Health Department POD Exercise



Bergen County Municipal CERT Team members supported the Bergen County Department of Health Services on January 14th with their Mass Prophylaxis Distribution Exercise held at the Police and Fire Academy in Mahwah. The purpose of the exercise was to distribute large numbers of medications while coordinating with local, regional and state response partners.

CERT members with prior training in POD operations worked side by side with members of the Medical Reserve Corps (MRC) and health department employees processing residents and distributing medication. CERT members without prior POD training served as actors (residents). Some of the actors have been nominated for an Academy Award. On several occasions the question was raised "is that person really that agitated or just acting." Just Acting!

Tom Metzler, County OEM Director, was on hand and reinforced the fact that Health Department support is a primary function of CERT. He was very pleased with the turnout of CERT members on a work day, during work hours. "Very proud day for the CERT Program in Bergen County. Today we witnessed our CERT membership working side-by-side with the MRC and Health Departments each contributing to the success of this exercise. Our CERT members came prepared and were able to apply the training they previously received", he said.



Numerous Municipal CERT Teams are briefed by members of the Bergen County Division of Health Services on how POD Operations will proceed.

2016

Training Opportunities:

- CART Training
- Basic CERT Training
- Shelter Fundamentals
- Shelter Management
- Cold Weather Ops



Bergen County CERT

INSIDE THIS ISSUE:

Western Shelter	2
Box 54	3
Mental First Aid	3
Basic Class 16-02	3
Training Schedule	3
POD Exercise Photo	4

Cold Weather Operations Exercise slated for February 26, 27, 28



One module of the Western Shelter System is shown connected to one of the two support trailers.

Bergen County Municipal CERT Teams working in conjunction with the Bergen County Department of Health Services and the New Jersey EMS Task Force will participate in a three day "Cold Weather Operation" to test the capabilities of the Western Shelter System. The system is a insulated configuration of tents and trailers designed to maintain an inside temperature of 72 degrees when the outside temperature is 15 degrees. If deployed during an emergency the system can be used for anything from human or animal shelter to a POD. Assisting the Health Department in the deployment of the Western Shelter System is another primary function of CERT.



On Friday, February 26 between the hours of noon and 5pm members of the Mahwah CERT Team, assisted by North Arlington CERT will setup two tent modules and support trailer complete with heating, electrical lighting and bathroom facilities. The Allendale CERT Team has volunteered to come in on Friday evening and set up a shelter in one of the modules. Members of the NJEMS Task Force, BCOEM and CERT will spend the night living in the system. On Saturday, February 27 beginning at 9am members of Mahwah and North Arlington CERT will return to complete setting up the remaining two tents and trailer. **Beginning at 1pm on the 27th the Western Shelter System will be open for CERT members to visit and tour.** Fair Lawn CERT will be handling shelter set-up Saturday afternoon and Sunday morning Rochelle Park and River Vale CERT will secure shelter and medical equipment. Sunday morning the North Arlington CERT Team will take the lead in taking down and securing the entire operation. Municipal CERT Coordinators, if your team would like to participate please contact Meredith Martin at martin@bcoem.org.

BOX 54 Where are you.....



Box 54 is a group of volunteers, which started in 1952, that provides refreshments to first responders at major fire scenes, Line of Duty Deaths and any other emergency event where first responders are deployed for long periods of time. Dispatched and housed by the Teaneck Fire Department Box 54 responds to about 110 calls per year. Bergen County OEM is exploring the possibility of developing a pilot program with the Box 54 volunteers for CERT members to train and respond to these major emergency situations. Response so far has been very positive and a demonstration by the Box 54 volunteers will be held in the spring. If you are interested you are encouraged to reach out to your municipal coordinator.

Mental Health First Aid Class Well Attended

The Mental Health First Aid Class was held in a single session on Saturday, January 31, 2016 in the BCOEM Emergency Operations Center. Even though the scheduled class for January 23rd was cancelled due to Winter Storm Jonas, CERT members filled the training venue for a six hour training marathon complete with a working lunch.

Municipal CERT members trained side-by-side again with their counterparts from the Medical Reserve Corps and Department of Human Services.



Will You be a Contender?

The time has arrived! As promised in April of 2015, it is time for someone to step up and become the first Bergen County CERT Director, elected by their peers, to lead the Bergen County CERT program. Local emergency service units elect their leadership, and now it is time for Municipal CERT Teams to do the same.

Nominations will be taken at the next municipal coordinators meeting scheduled for April 14th with elections being held in May or June. If you have questions on what the position will involve, please contact OEM Director Tom Metzler at Metzler@bcoem.org. If you wish to be nominated you can advise your municipal coordinator or Tom. All candidates will have an opportunity to place a biography in the newsletter with space to tell your vision and/or what you will bring to the program. BCOEM will continue to support all aspects of the CERT program through a OEM/CERT Liaison.

Basic CERT Class Added

Basic CERT Class 16-02 will begin on May 3, 2016. These classes will be held at the Englewood Hospital Training Center located at 350 Engle Street, Englewood, NJ. Classes will run from May 3 through July 12, 2016.

CERT Current Training Schedule

Shelter Fundamentals	Thursday, February 18	CANCELED	CANCELED
CART Shelter Operations	Tuesday, February 23	7pm to 9:30pm	Teterboro
Cold Weather Operations	February 26, 27, 28	to be posted	Mahwah
Shelter Management	Thursday, March 3 & 10	6:30pm to 10:30pm	Mahwah

REGISTRATION:

EMAIL: Evelyn Powell at powell@bcoem.org - All classes are offered on a first come, first serve bases



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Email it to:

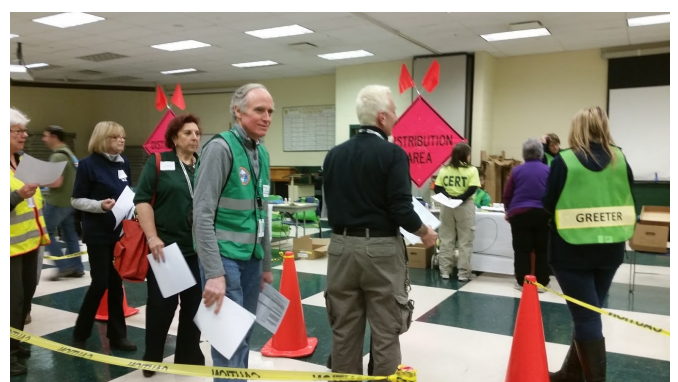
Metzler@bcoem.org



CERT Volunteers working in partnership with the Reserve Medical Corps (RMC) and Health Department Employees



CERT "actor" receiving medications. The goal of the Exercise was to process 250 families per distribution point.



CERT member actors waiting on line to process through the Point of Distribution. The actors presented various health issues which required analysis by CERT players, Health Officials and Medical Reserve Corp personnel.

Bergen County Office of Emergency Management - CERT The Civilian Responder

Volume 1, Issue 13~ March 2016



Cold Weather Operations



Our Cold Weather Operations' Exercise kicked off on Friday, February 27th at noon. With temperatures in the upper thirties and sustained winds at 25mph members of Mahwah and North Arlington CERT Teams set out to meet the goal of setting up a 20x20 foot tent, 20x40 foot tent and vestibule. At 5pm, with the assistance of the NJ EMS Task Force, the mission was accomplished. CERT volunteers enjoyed a lunch of Heater Meals a food ration similar to that served to our military in the field.

Members of the Allendale, Fair Lawn, River Vale and Rochelle Park CERT Teams responded on schedule over the three day period to assist with shelter operations, food service and housekeeping.

On Saturday morning Mahwah and North Arlington faced the challenge of setting up one additional 20x40 tent and vestibule complete with heating and bathroom unsupervised by instructors. In true CERT fashion, those who had completed the training on the prior day assumed the role of supervisor providing guidance to those being exposed to the system for the first time.

Seventy-three CERT members from six different teams participated in this Cold Weather Operations' Exercise some of whom were on site from noon on Friday to Noon on Sunday. Staff from BCOEM and BCDHS were most impressed by the dedication to duty shown by all involved.



INSIDE THIS ISSUE:

Shelter Fundamentals	2
RACES / Skywarn	2
CART Corner	3
Shelter Management	3
Contender	3
Training Schedule	3
CERT Basic Class	4

2016 Training

Opportunities:

- Point of Distribution
- Medical Shelter
- Skywarn
- CART Rabies
- Basic CERT Training



BERGEN COUNTY CERT

CERT DIRECTOR CANDIDATES

If you are considering being a candidate for the position of Bergen County CERT Director please email a picture and biography to Tom Metzler at Metzler@bcoem.org.

Your information will appear in the April edition of the *Civilian Responder*

CERT and Human Service Employees attend Shelter Fundamentals Class



For the first time in recent history members from our municipal CERT Teams have trained side-by-side with employees from the Bergen County Department of Human Services. In the County Emergency Operations Plan (EOP), ESF#6 Mass Care, the primary responsibility for sheltering falls to the Department of Human Services.

Following the experiences learned from the shelters that were open during Hurricane Sandy the Bergen County Office of Emergency Management updated the plan providing instructions on how to provide mass care to the residents of Bergen County. For years, members of our municipal CERT Teams have taken Shelter Fundamentals training from the American Red Cross and have participated in and responded to exercises and evacuations throughout the County.

Charged with the task of developing a working shelter plan and recognizing the need for career County employees to work in equal partnership with members of the CERT program, Human Services Director, Jane Linter, requested a Shelters Fundamentals class for all Human Services personnel who would be responding to a shelter during an activation. Additionally, Ms. Linter provided her staff with "Go Bags" so that they would be better prepared upon activation. On Saturday, February 6th and Tuesday, February 9th CERT and Human Service employees took advantage of two training opportunities to come together, to learn together, to be in a position to better work together.



Bergen County RACES & Skywarn Participate in Cold Weather Exercise



CART CORNER

Bergen County CART members attended training on Animal Shelter Operations on Tuesday, February 24th at the Bergen County Animal Shelter in Teterboro. Shelter Director, Deborah Yankow presented a PowerPoint presentation to a standing room only crowd of CART members from throughout Bergen County. Following the presentation a guided tour was given to attendees of the shelter facility. This program is the first in a series of continuing education programs that will be offered through the cooperative efforts of CART, the Bergen County Office of Emergency Management and the Bergen County Division of Health Services.



CERT Shelter Managers

Twenty-three CERT members have completed the American Red Cross Shelter Managers' classes which were held on March 3 and March 10th. This eight hour class now provides our CERT Shelter Teams with personnel to oversee the opening and day to day operations of emergency shelters in the county. Attendees were provided instruction on managing shelter workers, job expectations, operational perspective, table of organization and operating procedures.



Will You be a Contender?

The time has arrived! As promised in April of 2015 it is time for someone to step up and become the first Bergen County CERT Director, elected by their peers, to lead the Bergen County CERT program. Local emergency service units elect their leadership, Municipal CERT Teams elect their leadership and now it is time for this organization to do the same.

Nominations will be taken at the next municipal coordinators meeting scheduled for April 14th with elections being held in May or June. If you have questions on what the position will involve, please contact OEM Director Tom Metzler at Metzler@bcoem.org. If you wish to be nominated you can advise your municipal coordinator or Tom. All candidates will have an opportunity to place a biography in the newsletter with space to tell your vision and/or what you will bring to the program. BCOEM will continue to support all aspects of the CERT program through a OEM/CERT Liaison.

Basic CERT Class 16-01 to Graduate

Forty-eight students, representing eighteen communities will graduate from Basic CERT Class 16-01 on April 19th. The graduation will take place in the Hall of Heros at 7pm.

CERT Current Training Schedule

SKYWARN Spotter	Wednesday, April 13	7 to 10pm	Mahwah
Coordinators Meeting	Thursday, April 14th	7 to 9pm	Mahwah
POD Training	Thursday, April 21st	9:30 to Noon	Hackensack
POD Training	Thursday, April 21st	7 to 9:30pm	Mahwah
Medical Needs Sheltering	Saturday, April 30th	9 to 4pm	Mahwah
Basic CERT Class	Tuesday, May 3rd	7 to 9:30pm	Englewood

REGISTRATION:

EMAIL: Evelyn Powell at powell@bcoem.org - All classes are offered on a first come, first serve basis)



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The Civilian Responder?

Email it to:

Metzler@bcoem.org

County CERT Class

16-02

Englewood Emergency Management

Englewood Hospital – Training Center

350 Engle Street, Englewood, New Jersey

May 3, 2016 to July 12, 2016

7:00 PM – 9:30 PM

Session	Date	Topic	Instructor
1	05/03/16	CERT & Disaster Preparedness	BCOEM
2	05/10/16	ICS 100 / 700	BCOEM
3	05/17/16 Tuesday	Disaster Medical Operations Classroom	EMS Training Ctr.
4a	05/24/16 Tuesday	Disaster Medical Operations Practical	EMS Training Center
5	05/31/16	Terrorism Awareness	BCOEM
6	06/07/16	Disaster Psychology	BCOEM
7	06/14/16 Tuesday	Disaster Fire Suppression PowerPoint	BCOEM
8b	6/21/16	Disaster Fire Suppression Practical	BCLPSI - FIRE
9	6/28/16 Tuesday	Light Search & Rescue Operations	BCOEM
11b	07/05/16	Final Exam/Practical Exercise	BCLPSI
12b	07/12/16	Graduation	BCLPSI

To register for Class 16-02 in Englewood Email:

Administrative Assistant—Evelyn Powell at Powell@bcoem.org

The Bergen County Department of Health Services has invited our CERT program to participate in the **Family Fun Fest** to be held in Van Saun Park on May 21, 2016. CERT Team members will be demonstrating to the public the contents of Family Go Bags. I would like to schedule people to man the booth in two hour blocks and by municipal team.

More information will be listed in the April edition of the *Civilian Responder*. If your team is interested ,contact

Meredith Martin at martin@bcoem.org.



Bergen County Office of Emergency Management - CERT The Civilian Responder

Volume 1, Issue 14~ April 2016



Meredith Martin named CERT Liaison

Bergen County Emergency Management Division Director Tom Metzler has announced the appointment of Meredith Martin, NJCEM as CERT Liaison effective April 15, 2016.

Meredith is a graduate of New Jersey City University with a Bachelor of Science degree in National Security Studies. She was recently honorably discharged from the United States Coast Guard Reserve where she trained in Maritime Law Enforcement, Anti-terrorism, Force Protection and Physical Security. Ms. Martin began her career at Bergen County Emergency Management as an intern in February 2014 where she assisted in the review and update of Municipal Emergency Operations Plans and assisted with developing and maintaining the OEM Resource Database.



Meredith was hired full-time by Bergen County as a Planner in September of 2015 and was immediately introduced to the CERT Program. She was a graduate of Basic CERT class 15-02 and has completed continuing education classes in Shelter Fundamentals, Shelter Management, Communications, Mental First Aid, POD's as well as extensive emergency management training including the Emergency Manager 1 Program, All Hazards Incident Management Team Training, Multi Hazard Emergency School Planning for Schools to name a few. She is a member of the New Jersey Emergency Management Association (NJEMA) and the International Association of Emergency Managers (IAEM) and was recently awarded her professional New Jersey Certified Emergency Manager (NJCEM) certification.

In announcing the new CERT Liaisons appointment Tom Metzler said, "Meredith has been a focused trainee of the CERT program and has coordinated or attended many of the basic and continuing training programs that have been put in place over the past year. She has earned this opportunity and I am confident that she will continue to move the program forward with the same enthusiasm she has shown at the numerous CERT events she has attended."

So what did Meredith have to say? "I will continue to do my best! I have made many friends and together we will work to make sure that we offer the best training and service to our communities and to Bergen County."



The Bergen County Department of Health Services has invited our CERT program to participate in the **Family Fun Fest** to be held in Van Saun Park on May 21, 2016. CERT Team members will be demonstrating to the public the contents of Family Go Bags. This event will require a 9am set-up and will be open to the public from 10am to 6pm.

If your team is interested, contact Meredith Martin at martin@bcoem.org.

INSIDE THIS ISSUE:

Basic CERT Graduation	2
Paramus CERT	2
CART Corner	3
Box 54	3
Training Schedule	3
Family Fun Day	4
CERT Basic Class	4

2016 Training

Opportunities:

- Point of Distribution
- Medical Shelter
- Basic CERT Training



BERGEN COUNTY CERT FEMA FEATURE STORY!

FEMA Region II has submitted the story about our participation in the Port Authority Newark Airport Exercise last year to appear in the FEMA National Newsletter. NJOEM forwards a copy of our newsletter to the region each month which resulted in the selection. Some participants will be contacted for an interview. Congratulations!

Basic CERT Class 16-01 set to Graduate on April 19th



Forty-four (44) new CERT members representing the communities of Allendale, Englewood, Fair Lawn, Fairview, Franklin Lakes, Little Ferry, Mahwah, Midland Park, Montvale, North Arlington, North Bergen, Northvale, Ridgefield Park, River Vale, Saddle Brook, Saddle River, Upper Saddle River as well as Ramapo College are slated to graduate from Basic CERT Training on April 19, 2016 at 7PM in the Hall of Heroes. Emergency Preparedness Director Steven Mehl who co-instructed the first CERT Training Program in Bergen County will be the Keynote Speaker.

Paramus Mayor and Council Honor CERT Members



The Paramus Borough Council honored members of the Paramus CERT Team at their March 22, 2016 Borough Council Meeting. Paramus CERT members were thanked for the countless hours they have volunteered during emergencies in the borough.

CART CORNER

In May of 2015, the Bergen County Animal Response Team was awarded the first American Kennel Club Pet Disaster Relief Trailer in the State of New Jersey. CART is pleased to announce that on April 27, 2016 at 4:00pm, the Bergen County Freeholders will accept the donation of this trailer by resolution acknowledging all the American Kennel Clubs that donated funds to make this possible. All CART members are welcome to join us in the parking lot of One Bergen County Plaza located in Hackensack (next to the Court House) between the hours of 3:00pm and 5:00pm to celebrate this amazing occasion.



BOX 54 WANTS YOU!

On April 7th Thursday evening, 32 members of municipal CERT teams in Bergen County participated in an orientation, at Fair Lawn Rescue Headquarters, with the Special Services Unit Box 54. CERT members who attended showed an interest in participating with this unit supporting first responders with refreshments during public safety incidents with fire, EMS and police personnel. A presentation was facilitated by Box 54 Chief Julie Panchard discussing the unit's operation, services provided to first responders and specifically what tasks the members perform. The orientation continued with a tour of two Box 54 vehicles.

Interested CERT members can receive an application if they have an interest working with Box 54, email Meredith Martin @ martin@bcoem.org.



CERT Current Training Schedule

POD Training	Thursday, April 21st	9:30 to Noon	Hackensack
POD Training	Thursday, April 21st	7 to 9:30pm	Mahwah
Medical Needs Sheltering	Saturday, April 30th	9 to 4pm	Mahwah
Basic CERT Class	Tuesday, May 3rd	7 to 9:30pm	Englewood

REGISTRATION:

EMAIL: Evelyn Powell at powell@bcoem.org - All classes are offered on a first come, first serve basis)

SCHEDULED EVENTS:

Relay for Life	Saturday, May 14 & 15	4pm to 7:30am	Washington Twp.
Family Fun Day	Saturday, May 21st	9 to 7pm	Van Saun Park



County CERT Class

16-02

Englewood Emergency Management
 Englewood Hospital – Training Center
 350 Engle Street, Englewood, New Jersey
 May 3, 2016 to July 12, 2016
 7:00 PM – 9:30 PM

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2	05/10/16 Tuesday	ICS 100 / 700	BCOEM
3	05/17/16 Tuesday	Disaster Medical Operations Classroom	EMS Training Ctr.
4	05/24/16 Tuesday	Disaster Medical Operations Practical	EMS Training Center
5	05/31/16 Tuesday	Terrorism Awareness	BCOEM
6	06/07/16 Tuesday	Disaster Psychology	BCOEM
7	06/14/16 Tuesday	Disaster Fire Suppression PowerPoint	BCOEM
8	6/21/16 Tuesday	Disaster Fire Suppression Practical	BCLPSI - FIRE
9	6/28/16 Tuesday	Light Search & Rescue Operations	BCOEM
10	07/05/16 Tuesday	Final Exam/Practical Exercise	BCLPSI
11	07/12/16 Tuesday	Graduation	BCLPSI

To register for Class 16-02 in Englewood Email:

Executive Assistant—Evelyn Powell at Powell@bcoem.org



Submit your CERT pictures to martin@bcoem.org

Bergen County Office of Emergency Management - CERT The Civilian Responder

Volume 1, Issue 15~ May 2016



WHY DO YOU VOLUNTEER?

Volunteering is hard work! It is not something that is always talked about, or the hot topic on the news. You are appreciated by the people who understand that being a civil servant is a sacrifice but the rewards outweigh the hardships. It is important to teach children from a young age the importance of doing things for others. We live in an age where people expect a paycheck for everything, and they only do things for others when it is convenient or they are going to get something out of it for themselves. The cost of living is high, and continuously rising. The value of volunteers however continues to grow as well. It shows character, commitment, high values and a good heart.

When people hear a fire alarm go off they expect the first responders to show up right away. Sometimes we forget a lot of these people are volunteers, have families to take care of, daytime jobs and lives at home. Sometimes volunteers are not appreciated or they get the "dirty work." It is important to remember that without them our day to day operations would not be a success. The amount of lives who are being impacted by unexpected hardship or situations would not have the assistance they need. If you have a story or volunteer experience that you would like to have included in the monthly newsletter please email Meredith Martin at martin@bcoem.org,



Inside this issue:

Recruitment Trailer	2
Local Updates	3
Training Schedule	3
Medical Shelter Training	3
Meeting/Workshop	4
Future Training	4
NJCEM	4

2016 Training

Opportunities:

- Food Handling
- Self-defense



Allendale CERT preparing the Recruitment Trailer for deployment



BERGEN COUNTY

CERT TRAILER!

FEMA Region II has submitted the story about our participation in the Port Authority Newark Airport Exercise last year to appear in the FEMA National Newsletter. NJOEM forwards a copy of our newsletter to the region each month which resulted in the selection. Some participants have been contacted for interviews. Congratulations!

CERT Recruitment Trailer

The CERT recruitment trailer is complete. We were fortunate to have had the Allendale CERT team come up to the Academy and clean the outside of it and help make it ready for deployment to Municipal and County events. The trailer is available for street fairs, festivals, fundraisers, and whatever CERT recruitment events you would like to plan. The Bergen County Director of Emergency Management Tom Metzler worked very hard at organizing, setting up and stocking the CERT recruitment trailer. If a CERT team would like to use the trailer, there is paperwork that needs to be filled out, and the team needs to come up and learn how to set up the tents and other requirements. For more information email martin@bcoem.org

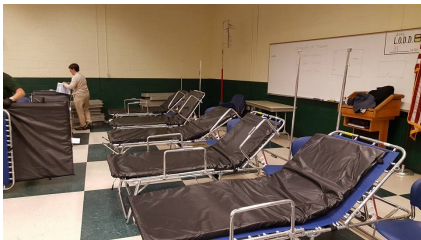


Handouts, tables, chairs, ladder, recruitment tents, emergency preparedness handouts

MEDICAL SHELTER TRAINING

CERT is constantly growing and evolving. We are working with the Bergen County Health Department to assist in Medical Sheltering. On Saturday, April 30th members of various CERT teams assisted with setting up, organizing, and labeling the medical needs shelter.

It was a valuable learning experience.



Local Updates

CERT has recently been called out to assist OEM with missing persons, directing traffic and securing perimeters, so always be prepared. Not all teams have the same responsibilities but keep up to date on what your town is doing.

Thankfully, CERT teams have been working together and networking; we are building resilience and offering more training.

North Arlington had a CERT Coin Toss to get additional funds for CERT uniforms, and they assisted a class on setting up a POD center.

We received a lot of good feedback about Box 54, but if you were not able to attend the presentation at Fair Lawn Rescue please email martin@bcoem.org for more information.

Ramsey CERT assisted Ramsey OEM/Rescue with needed man power to man the rescue desk at headquarters for downed trees and power lines.

Saddle River assisted with traffic/pedestrian management to keep open a lane on a main roadway for runners. CERT members secured the perimeter for the HUMC helicopter landing at the Borough Hall as well. Luckily no negative incidents were reported during deployment.

Waldwick CERT was deployed for the Waldwick Chamber 5k Run/Walk. Members handed out supplies, manned posts and assisted with the event.

CERT Current Training Schedule

Bloodborne Pathogen	Mid June/ Available Online	7pm to 9:30pm	Hackensack
Self Defense Class	Mid July Date TBA	7pm to 9 pm	Mahwah
Food Handler Course	Mid August Date TBA	Daytime	Hackensack

REGISTRATION:

EMAIL: Evelyn Powell at powell@bcoem.org - All classes are offered on a first come, first serve basis)

SCHEDULED EVENTS:

Relay for Life	Saturday, May 14 & 15	4pm to 7:30am	Washington Twp.
Family Fun Day	Saturday, May 21st	10am to 7pm	Van Saun Park



Bergen County

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Ronald Salzano, CEM, Deputy Coordinator

Matthew Ziemkiewicz, CHS, Deputy Coordinator

Meredith Martin, Planning

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Joan M. Voss

Does your CERT Team have a story for a future issue of

The Civilian Responder?

Email it to:

Metzler@bcoem.org

MARK YOUR CALENDARS!

Statewide Meeting/ Workshop June 29, 2016

ONLY CERT COORDINATORS ARE INVITED TO ATTEND

Discussing and planning on training, exercises, equipment needs, funding, review best practices, upcoming statewide events, interaction with Medical Reserve Corps.

Following this Meeting/Workshop there will be a CERT Coordinator meeting on Thursday, June 30, 2016 at 7pm.

“New Jersey is proud of its Citizen Corps/CERT Volunteer Program. It is one of the best in the nation and is considered a model State for the Citizen Corps program. There are 24,000+ citizens in New Jersey trained, organized and equipped in 250 CERT Programs/Teams Statewide.”

- New Jersey Office of Emergency Management

There has been a growing interest in taking self defense classes. In order to protect others we need to take care of ourselves. Self-defense will help CERT members be prepared for unexpected situations and develop increased mental and physical health. This opportunity will help us build a stronger sense of safety, instinct and awareness. By taking self defense classes it teaches self-respect, physical strength, and for most people that may just be exercise, but with self defense we learn how to properly protect ourselves, family members, children and community.

The CERT Liasion is working with the Health Department to come up with more training with special needs, mental health, being able to recognize early warning signs of elderly and adult needs and First Aid/CPR.

Congratulations to the first recipients of the NJ Certified Emergency Management Credential!



Submit your CERT pictures to martin@bcoem.org

Bergen County Office of Emergency Management - CERT The Civilian Responder

Volume 1, Issue 16 June 2016



Webinar: Building Partnerships with Professional Responders



On Tuesday, June 14, FEMA's Individual and Community Preparedness Division had a webinar featuring several local Community Emergency Response Teams, programs that have developed strong working relationships with professional responders and emergency managers. The webinar focused on how these relationships have built and maintained so that participants can learn how to establish their own relationships with first responders in their communities.

SPEAKERS: Justin Kates, Nashua New Hampshire Emergency Management

Sheldon Ross, Chicago, Illinois CERT

Tom Metzler, Bergen County Emergency Management.

Tom, the Bergen County Office of Emergency Management Division Director, focused his portion of the presentation on the paradigm shift that has taken place in the past twenty years with how government agencies view and utilize their CERT Teams. In 1995 CERT members were considered "second responders" and training focused on how to care for yourself, family and neighborhood during emergencies and/or disasters. As a result of the changes that have taken place in the world, with an emphasis of terrorism, today government must now depend on CERT team members to assist with operational, sheltering, logistics and points of distribution (POD's) in order to meet mission objectives.

He shared with the national webinar audience some of the major accomplishments of the Bergen County CERT program including the relationship that has developed between CERT and the Bergen County Department of Health Services and Department of Human Services. He encouraged CERT Teams to remain professional, never self deploy, always have your equipment bag, follow the rules of ICS, be professional on the radio, dress for current weather conditions and always understand the mission at hand. *(Does all this sound familiar?)*

FEMA does make a replay available of their National Webinar Training. Watch next months edition for the web address for this program.

FEMA RECOGNIZES BERGEN COUNTY CERT TEAMS

Inside this issue:

Wyckoff CERT Day	2
Local Updates	3
ZIKA Virus	3
Training Schedule	4
Equipment Release	4
Trailer Requirements	4

2016 Training

Opportunities:

- Blood borne Pathogen
- Food Handling
- Self-defense
- Dealing with People in Crisis



GET FEATURED IN

THE NEWSLETTER!

Let the Bergen County Office of Emergency Management know what your CERT Teams are doing, so you can be featured in the newsletter. If you would like to submit a story please email martin@bcoem.org.

Please remember to submit your Activation/ Deployment Reports.

The Community (CERT) Team Wyckoff Day Deployment

by Michael G. Miklas

On June 4, 2016, the Wyckoff CERT Team participated in the 7th "Annual Wyckoff Day" celebration. The Team is a member of the planning effort and plays multiple roles at this event.

Our Volunteers were out in full force for this event, as we facilitated the flow of traffic (pedestrian/vehicle), at 4 locations and assisted individuals in answering a plethora of questions. We utilized the County CERT trailer, which served as our exhibit booth. The CERT volunteers proudly displayed many of the contents of the trailer (lights, gurney board, banners, etc.).

This is a special day for our Team whereby, it gives us the opportunity to continually reinforce with the community the importance of being prepared should an emergency or disaster occur, and this includes our four legged family members. Handouts were provided, along with challenging individuals as to what should be considered in composing a "Go Bag". Children were included in bringing about awareness by handing out subject related coloring books. There were a number of Bergen County OEM trinkets available as well.

Wyckoff Day is also an opportunity for CERT to inform people that Bergen County provides sheltering that can accommodate both people and their pets...it is still a surprise to some of our visitors when we mention it. With the hectic schedules that individuals keep these days, this is one way in which to get the word out.

The trailer and exhibit stand not only made our preparation easier, but it also generated a professional appearance as a first class volunteer organization. Several members of the Town Fire Dept. and Ambulance Corp. stopped by our booth to inquire about our activities. We are always looking for more people to become certified and/or a CERT Volunteer, not only to assist at emergencies and community events, but it is also one more well informed individual in our community on safety and preparedness.

During the day, we actually had a fireman stop by our booth to have some bandages applied to a cut on his leg. One of our resident's daughters injured her arm and we were able to give her a cold pack until she was able to seek additional medical attention.

The event sponsored live music all day, over 120 vendors, rides for the children, and the traditional "face painting", which is a big hit. The Bergen County Animal Shelter also participated in Wyckoff Day and they brought a trailer of pets available for adoption. Many of us visited with the Director of the Teterboro Animal Shelter and reintroduced ourselves, as many of us are also CERT members and attended Shelter Training at the facility. This year's event was well attended, we had good weather and it was an all around fun filled and informative day for all.



**Thanks for the story! It is great to hear what
CERT is doing around Bergen County!**

ZIKA VIRUS

The Center for Disease Control and Prevention states that the Zika virus disease (Zika) is spread to people primarily through the bite of an infected *Aedes* species mosquito. The most common symptoms of Zika are fever, rash, joint pain, and conjunctivitis (red eyes). The illness is usually mild with symptoms lasting for several days to a week after being bitten by an infected mosquito. People usually don't get sick enough to go to the hospital, and they very rarely die of Zika. For this reason, many people might not realize they have been infected. However, Zika virus infection during pregnancy can cause a serious birth defect called [microcephaly](http://www.cdc.gov/ncbddd/birthdefects/microcephaly.html), as well as other severe fetal brain defects. Once a person has been infected, he or she is likely to be protected from future infections. The Bergen County Health Department would need assistance with Points of Distributions if a Zika outbreak occurs in Bergen County. We are thankful for our great relations with other departments within the county.

Local Updates

The River Vale CERT team invited members of other Bergen County CERT Teams to the River Vale Community Center, to attend their meeting on Wednesday May 18th at 7 PM. PSE&G gave a gas & electric safety presentation..

The Mahwah CERT Team received training on damage assessment from Retired Sergeant Barry Leventhal, the Training Officer from the Bergen County Office of Emergency Management.

Fort Lee has been running an in house CERT Class that is running smoothly.

The Englewood CERT Class, that includes members from throughout the county, will be done with the Basic Course July 12th, 2016.

We welcome our new CERT members.

The CERT ID machine is back up and running. All CERT IDs will be given to the local CERT Coordinators to disperse to their members.

Midland Park CERT had a meeting on June 9. Members of the Midland Park CERT team where members got to be updated on CETR members, old members got to meet new ones, and topics regarding training and events were discussed.

CERT members who are interested in getting their HAM radio operator please email martin@bcoem.org so you can get an application and learn more.

Washington Township CERT welcomed members of other CERT teams to assist in the Relay for Life event at Westwood High School.

North Arlington participated in traffic control for the Memorial Day Parade and supported Holy Cross Cemetery in crowd control.

ICS 100 and 700 has become a requirement of the Basic CERT program. CERT members should register for a FEMA Student ID number and take advantage of the FEMA Independent Study Program.

CERT Current Training Schedule

Self Defense Class	Mid July Date TBA	7pm to 9pm	Mahwah
Food Handler Course	Mid August Date TBA	Daytime	Hackensack
Blood borne Pathogen	September 13, 2016	6:45pm to 8:15pm	Hackensack
Dealing with People in Crisis	October Date TBA	7pm to 9pm	Mahwah

REGISTRATION:

EMAIL: Evelyn Powell at powell@bcoem.org - All classes are offered on a first come, first serve basis)

SCHEDULED EVENTS:

Statewide Meeting/ Workshop Wednesday, June 29, 2016 Starts at 10AM Trenton

COUNTY CERT COORDINATORS ONLY, EMAIL MARTIN@BCOEM.ORG FOR MORE INFORMATION.



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Does your CERT Team have a story for a future issue of

The Civilian Responder?

Email it to:

Martin@bcoem.org

CERT Recruitment Trailer Requirements

The CERT recruitment trailer has been deployed. The trailer has been used for Wyckoff Day and Family Fun Day at Van Saun Park. Again, we thank Allendale CERT for making it deployment ready. Bergen County OEM has included handouts, promotional materials, and an example of what to include in a To Go Bag.

BERGEN COUNTY CERT TRAILER USER AGREEMENT

The _____ * shall hold harmless and indemnify the County of Bergen, the Bergen County Office of Emergency Management, their officers, agents and employees from any and all injuries, damage and claims for damage to persons and/ or property arising from utilizing the equipment of the Office of Emergency Management or their employees or agents. *Insert name of organization.

User agrees that it will be liable to repair or pay for the repair of any portion of the equipment which may be damaged by the user or any of its personnel or attendees excepting from normal wear and tear as may be expected in the use of said equipment.

User agrees and represents that it has in full force and effect General Liability insurance providing as a minimum for Bodily Injury/Property Damage of \$1 Million per Occurrence.

User agrees to be bound by all of the rules and regulations of the Bergen County Office of Emergency Management.

User shall be fully and exclusively responsible for its own equipment and personnel utilizing equipment from Office of Emergency Management and shall indemnify and hold the County of Bergen and the Office of Emergency Management harmless from any claims for damage to such equipment arising out of the use of the equipment.

Required Procedures

The EZ-Up Tent must be strapped down with the tent weights that need to be filled with water and secured properly every time it is set up.

All ladders, boxes, fire extinguishers, supplies and equipment needs to be put back in place and secure with straps before and after the trailer is used.

The trailer needs to be brought back in the condition it was sent out in. If there is an issue with anything please contact the Bergen County Office of Emergency Management immediately.

A member of the REQUESTING CERT team will have to sign out the trailer and equipment. The team needs to come up and learn how to set up the tent.

For more information email martin@bcoem.org

Bergen County Office of Emergency Management - CERT The Civilian Responder

Volume 1, Issue 16 June 2016



If you See Something, Say Something



Terrorists are constantly trying to find new means of attacks, while the Department of Homeland Security and law enforcement is simultaneously trying to keep ahead of them. Communities at risk are being targeted for recruitment. The Department of Homeland Security is particularly concerned with homegrown violent extremists who could strike with little or no notice.

As we saw in the attacks in San Bernardino, France, Brussels, Orlando, terrorists will consider a diverse and wide selection of targets for attacks. There has been three terrorist attacks in France within eighteen months .

We need members of our communities to be the eyes and the ears for the law enforcement. We live in these communities and interact with our co-workers, neighbors, family and friends everyday. We will be able to recognize if something is out of place before an outsider would. Report suspicious activity to your local law enforcement agency. As Americans, we have to unite and keep our communities strong and resilient.



Wyckoff CERT Busy Planning this Summer

Written by Michael Miklas

While most volunteers are taking the summer off from their volunteer activities that is not the case in Wyckoff. During this vacation period, the Wyckoff CERT Team is very busy assisting the Athletic department's "Movies in the Park" and planning for several large events that are on the horizon.

The next and most intensive is the WFD's Annual Fireworks Night in late August. At this event, we assist with traffic control at entry points to the field. We patrol the grounds and assist residents with everything from addressing questions to assisting with minor cuts/injuries. This event is well attended, has a number of rides, food trucks, music and a wonderful display of fireworks. This is a fundraiser for the WFD.

Shortly thereafter, we start with a bevy of events such as; the Wyckoff Health Fair where we serve as both Exhibitor and traffic control, the Town's semi-annual Shredfest, the Buddy Walk and the Wyckoff YMCA's semi-annual Veteran's Program.

We are also, in the process of working with the many religious organizations in Wyckoff to discuss opportunities where the Wyckoff CERT Team can assist the senior members of our community and other individuals who may need periodic assistance. All in all, CERT Team's everywhere are always working to assist the communities they reside in.

Inside this issue:

Beach Safety	2
Rip Currents	2
Local Updates	3
Heat Warning	3
Heat Advisory	4
16-02 Graduates	4

2016 Training

Opportunities:

- Self Defense
- Blood borne Pathogen
- Food Handlers Course
- Dealing with People in Crisis



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THE NEWSLETTER!

Let the Bergen County Office of Emergency Management know what your CERT Teams are doing, so you can be featured in the newsletter. If you would like to submit a story please email martin@bcoem.org.

Please remember to submit your Activation/ Deployment Reports.

Enjoy Summer and the Beach Safely

The American Red Cross has some beach safety tips and steps to take to make sure you and your family remain safe:

Beach Safety

Swimming in the ocean takes different skills, so before you get your feet wet, it's best to learn how to swim in the surf. You should also swim only at a lifeguard-protected beach, within the designated swimming area. Obey all instructions and orders from lifeguards. While you're enjoying the water, keep alert and check the local weather conditions. Make sure you swim sober and that you never swim alone. And even if you're confident in your swimming skills, make sure you have enough energy to swim back to shore.



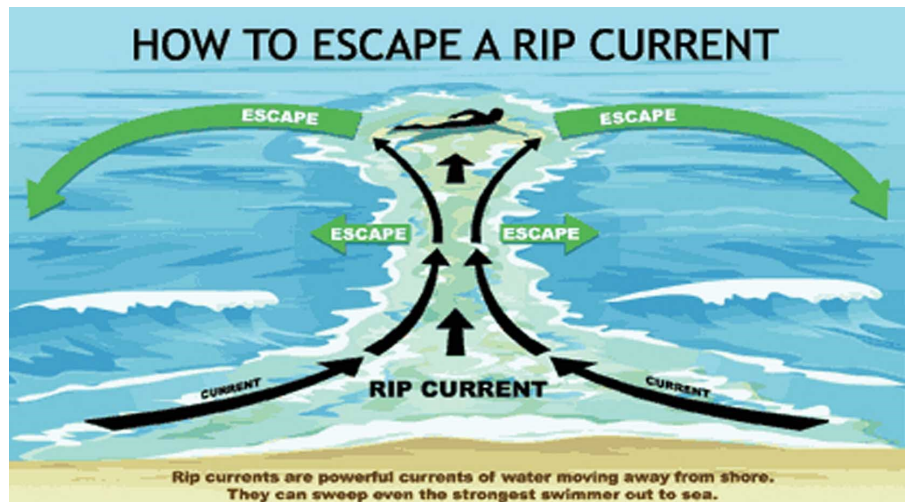
Other beach safety tips to keep in mind:

- Have young children or inexperienced swimmers wear U.S. Coast Guard-approved life jackets in and the around water. No one should use any other type of floatation device unless they are able to swim.
- Don't dive headfirst—protect your neck. Check for depth and obstructions before diving, and go in feet first the first time.
- Pay especially close attention to children and elderly persons when at the beach. Even in shallow water, wave action can cause a loss of footing.

Keep a lookout for aquatic life. Water plants and animals may be dangerous. Avoid patches of plants. Leave animals alone.

Rip Currents

Rip currents are responsible for deaths on our nation's beaches every year, and for most of the rescues performed by lifeguards. Beachgoers should be aware of how dangerous rip currents are, and swim only at beaches with lifeguards in the designated swimming area. Rip currents can form in any large open water area, such as low spots and breaks in sandbars, or near structures such as jetties and piers. According to the National Oceanic and Atmospheric Administration, 80% of beach rescues are related to rip currents.



For your safety, be aware of the danger of rip currents and remember the following:

- If you are caught in a rip current, stay calm and don't fight the current.
- Swim parallel to the shore until you are out of the current. Once you are free, turn and swim toward shore.
- If you can't swim to the shore, float or tread water until you are free of the rip current and then head toward shore.
- If you feel you can't make it to the shore, draw attention to yourself by waving and calling for help.
- Stay at least 100 feet away from piers and jetties. Permanent rip currents often exist near these structures.
- If someone is in trouble in the water, get help from a lifeguard. If a lifeguard is not available, have someone call 9-1-1. Throw the victim something that floats – a lifejacket, cooler, inflatable ball and yell instructions on how to escape the current.

When at the beach, check conditions before entering the water. Check to see if any warning flags are up or ask a lifeguard about water conditions, beach conditions, or any potential hazards.

Local Updates



Ramsey CERT (Left picture) set up their booth recently to promote their program and provide public preparedness information to their residents.

The North Arlington CERT Team participated in the Knights of Columbus Flag Burning Ceremony. North Arlington also assisted with guiding people attending the movies in the park for two Saturdays in June.

Members of Fair Lawn CERT assisted with crowd control and security at the community's annual fireworks display. (Right Picture)



Paramus CERT assisted with the local fireworks show at the Cliff Genarelli Sports-plex next to Westfield Garden State Plaza.

Ramsey CERT assisted with their fireworks at Finch Park in town. They handed out information on the ZIKA Virus, emergency preparedness information, CERT Promotional and assisted local OEM with operations.

Bergen County NJ RACES ARRL Field Day 2016 was a success. People were able to see the tools, techniques and even get hands on experience with Amateur Radio. Members of Bergen County NJ RACES and BergenSkywarn setup as they would in an Emergency Event. FCC Licensed Amateur Radio Operators, as well as Non Licensed individuals were able to Get On The Air (GOTA) under the supervision of a FCC licensed Control Operator.



The River Vale CERT Team has been busy lately! In May, we secured numerous intersections for the Memorial Day parade, keeping the marchers safe. In June, at the request of the Hillsdale PD, and with the cooperation of the River Vale PD, we provided handicapped attendees with transportation from the parking lots to the Pascack Valley High School graduation ceremonies using golf carts from the River Vale Country Club. At the conclusion of the event, people requiring assistance were returned to their cars. Pictured are Linda Wayne (Deputy OEM/CERT Coordinator) and Team member George Dalcero.

CERT members who are interested in getting their HAM radio operator please email martin@bcoem.org so you can get an application and learn more.

ICS 100 and 700 has become a requirement of the Basic CERT program. CERT members should register for a FEMA Student ID number and take advantage of the FEMA Independent Study Program.

CERT Current Training Schedule

Self Defense Class	Thursday July 28,2016	7pm to 9:30pm	Mahwah
Food Handler Course	Wednesday, August 10, 2016	9:30am	Hackensack
Blood borne Pathogen	September 13, 2016	6:45pm to 8:15pm	Hackensack
Dealing with People in Crisis	Thursday October 6, 2016	7pm to 9:30pm	Mahwah

REGISTRATION:

EMAIL: Evelyn Powell at powell@bcoem.org - All classes are offered on a first come, first serve basis)

COUNTY CERT COORDINATORS ONLY, EMAIL MARTIN@BCOEM.ORG FOR MORE INFORMATION.



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Congratulations CERT Class 16-02



Prepare For the Heat

“Heat kills by pushing the human body beyond its limits. In extreme heat and high humidity, evaporation is slowed and the body must work extra hard to maintain a normal temperature.

Most heat disorders occur because the victim has been overexposed to heat or has over-exercised for his or her age and physical condition. Older adults, young children and those who are sick or overweight are more likely to succumb to extreme heat.

Conditions that can induce heat-related illnesses include stagnant atmospheric conditions and poor air quality. Consequently, people living in urban areas may be at greater risk from the effects of a prolonged heat wave than those living in rural areas. Also, asphalt and concrete store heat longer and gradually release heat at night, which can produce higher nighttime temperatures.” - Ready.gov

CAR TEMPERATURE PET SAFETY CHART

How long does it take for a car to get HOT?

Outside Temp (F)	VEHICLE TEMPERATURE	
	10mins	30mins
70°	89°	104°
75°	94°	109°
80°	99°	114°
85°	104°	119°
90°	109°	124°
95°	114°	129°

DOGS DIE EVERY SUMMER
In minutes your car temps are deadly!

VeterinaryClinic.com

HEAT ALERTS: Know the difference.

HEAT OUTLOOK	HEAT WATCHES	HEAT WARNING/ADVISORY
<p>Minor</p> <p>Excessive heat event in 3 to 7 days</p>	<p>Excessive heat event in 12 to 48 hours</p>	<p>Excessive heat event in next 36 hours</p> <p>Major</p>

Bergen County Office of Emergency Management - CERT The Civilian Responder

Volume 1, Issue 18 August 2016



September is National Preparedness Month.

America's PrepareAthon! is a grassroots campaign for action to increase community emergency preparedness and resilience through hazard-specific group discussions, drills, and exercises.

The goal of this campaign is to increase the number of individuals who:

- Understand which disasters could happen in their community
- Know what to do to be safe and mitigate damage
- Take action to increase their preparedness
- Participate in community resilience planning

America's PrepareAthon Actions:

- Access Alerts and Warnings
- Creating and testing communication plans
- Safeguarding and collecting documents
- Plan with Neighbors and share resources
- Discussion, Classes and Training
- Property improvements to reduce injuries and damage
- Exercises of disaster scenarios to review and improve emergency plans

10 Ways To Participate:

1. Sign up for local alerts and warnings, download apps, and/or check access for wireless emergency alerts;
2. Develop and test emergency communication plans;
3. Assemble or update emergency supplies;
4. Learn about local hazards and conduct a drill to practice emergency response actions;
5. Participate in a preparedness discussion, training, or class;
6. Collect and safeguard critical documents;
7. Document property and obtain appropriate insurance for relevant hazards;
8. Make property improvements to reduce potential injury and property damage (mitigation);
9. Hold a scenario-based continuity of operations tabletop exercise for your organization; and
10. Plan with neighbors to help each other and share resources.

Everything can be found at ready.gov/prepare.

**On Friday, September 30th 2016, National PrepareAthon Day
you are welcome to participate in hazard specific group discussions.
For more details email martin@bcoem.org**

Inside this issue:

Logistics Project	2
Box 54	2
Mass Notifications	2
Local Updates	3
Training Schedule	3
Fall Basic CERT Class	4

2016 Training

Opportunities:

- Blood borne Pathogen
- Dealing with People in Crisis
- Mental Health First Aid



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Please remember to submit your Activation/ Deployment Reports.

Large Scale Logistics Project

Volunteers are needed to assist with the Bergen County Health Department Point of Distribution (POD) Logistics project. This operation will be for the entire month of September. Volunteers needed from 9:00 AM to 5:00 PM, Monday through Friday. The Bergen County Office of Emergency Management and the Health Department appreciates whatever time you are able to give. Volunteers are requested to work at least four hour shifts. Please bring your lunch with you. This will be taking place in Paramus, NJ. **THIS PROJECT DOES REQUIRE PHYSICAL LABOR.**

For more information please contact Meredith Martin at martin@bcoem.org.



"Reach Thousands in Seconds"

SwiftReach Mass Notifications

CERT Members who provided their updated contact information to the Bergen County Office of Emergency Management have now been entered into SwiftReach. We want to make sure people are able to receive messages fast and reliably.

SwiftReach Networks is a leading provider of emergency notification solutions used by more than 1500 organizations across all major industries including government, enterprise, education, software, utilities and healthcare.

CERT Members Learned How to Protect Themselves and Others



There was a great turnout at the Basic Self Defense Class held at the Bergen County Law and Public Safety Institute on Thursday, July 28th 2016. It was a great learning experience.

Box 54 Provides Assistance to First Responders

Box 54 members taking a break operating at an Elmwood Park 5th Alarm fire. If you are interested in joining Box 54, please contact Meredith Martin at martin@bcoem.org. They are dispatched by Teaneck Fire Department



Local Updates

Paramus CERT assisted OEM with updating their special needs list in town.

Cliffside Park CERT/RACES attended the Sprint Emergency Response Team Communications Capabilities Briefing.

Many CERT Teams assisted in their communities for National Night Outs.

CERT was present at a lot of summer concerts throughout the County being the eyes and ears watching over the crowd.

North Arlington CERT assisted with putting out a fire at a Summer Concert.

Wyckoff CERT helped with Movies in the Park. Allendale CERT helped out with Band Night at the Lake.

Lyndhurst CERT helped support Music Under the Stars/ Mt. Carmel Feast.

Rochelle Park opened a cooling center for residents who had no power due to a power outage from a town fire

Bergen County opened three regional cooling centers. There has been excessive heat, heavy rain, flash flooding and power outages this summer.

In the photo below Ho-Ho-Kus CERT members enjoy "the fruits of their labor" at a recent, excellent luncheon at the Sicilian Sun, Ho-Ho-Kus, NJ. The luncheon was given by the Ho-Ho-Kus Chamber of Commerce as an expression of



gratitude to the CERT volunteers who participated under the direction of the Ho-Ho-Kus Police Department in traffic and pedestrian control during the "Taste of Ho-Ho-Kus" event on June 8, 2016.

Attendees are from right to left: Chamber Treasurer, Jane Sadat-Ketabchi; CERT Member Jim Schwartz, Team Leader Jill Bristow, CERT Member Bing Guo; Chamber Vice President, Todd Sawyer; Team Leader Mike Limatola, Team Leader Patty Nazzaro, Team Leader Cindy Tharayil, Team Leader Joe Stewart, and Former CERT Pgm Manager, Stanley Kober.

ICS 100 and 700 has become a requirement of the Basic CERT program. CERT members should register for a FEMA Student ID number and take advantage of the FEMA Independent Study Program.

GOING FORWARD, CERT IDENTIFICATION CARDS ARE REQUIRED FOR PARTICIPATION IN ALL CERT TRAININGS

CERT Current Training Schedule

Blood borne Pathogen	September 13, 2016	6:45pm to 8:15pm	Hackensack
Dealing with People in Crisis	Thursday October 6, 2016	7pm to 9:30pm	Mahwah
Mental Health First Aid	November TBA	7pm to 9:30 pm	Hackensack

REGISTRATION:

EMAIL: Evelyn Powell at powell@bcoem.org - All classes are offered on a first come, first serve basis)

COUNTY CERT COORDINATORS ONLY, EMAIL MARTIN@BCOEM.ORG FOR MORE INFORMATION.



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County CERT Class

Bergen County Law & Public Safety Institute

281 Campgaw Rd, Mahwah, NJ 07430

September 27, 2016 -December 13 2016

7:00 PM – 9:30 PM

Session	Date	Topic	Instructor
1	09/27/16 Tuesday	CERT & Disaster Preparedness	BCOEM
2	10/04/16 Tuesday	ICS 100 / 700	BCLPSI - FIRE
3	10/11/16 Tuesday	Disaster Medical Operations Classroom	EMS
4	10/18/16 Tuesday	Disaster Medical Operations Practical	EMS
5	10/25/16 Tuesday	Terrorism Awareness	BCOEM
6	11/01/16 Tuesday	Disaster Psychology	BCOEM
7	11/08/16 Tuesday	CLOSED FOR ELECTION DAY	
8	11/15/16 Tuesday	Disaster Fire Suppression PowerPoint	BCLPSI – FIRE
9	11/22/16 Tuesday	Disaster Fire Suppression Practical	BCLPSI - FIRE
10	11/29/16 Tuesday	Light Search & Rescue Operations	BCOEM
11	12/6/16 Tuesday	Final Exam/Practical Exercise	BCOEM
12	12/13/16 Tuesday	Graduation	

To register for this class please email your completed registration form to Evelyn Powell, Bergen County OEM Executive Assistant at

powell@bcoem.org

Bergen County Office of Emergency Management - CERT The Civilian Responder

Volume 1, Issue 19 September 2016



Back to School School Emergencies



Kids are back in school. Families trust schools to keep their children safe during the day. Many parents are not able to go to work if their children are not in school. Imagine how much of the workforce would be out of work. When a disaster occurs, or there is an emergency at a school the first thing parents want to do is make sure their children are ok. They want to see them, schools can become bombarded with parents trying to get in. This can cause issues with first responders being able to get to the scene to handle the situation. There are emergency operation plans in place at the schools. Parents should be informed of the emergency operation plan's purpose and objectives so they understand how to respond during an incident. The current safety drills going on in schools are evacuations (ex. fire), relocation, shelter in place, lockdown and lock out. . At Back to School Night some good questions to ask are:

- How are lockdown drill implemented?
- What plans are in place to help kids stay safe?
- How would I reunite my child if there were an emergency during the school day?

Teachers are responsible for the supervision of students and shall remain with students until directed otherwise. Parents should be aware where the parent relocation site is, and how the school will communicate with parents in the event of an emergency or disaster.

Disasters affect everyone, but children are more vulnerable than adults in emergencies. We have to take steps to protect children. Caring for children in disasters is vital. Disasters have the potential to cause short- and long-term effects on the psychological functioning, emotional adjustment, health, and development of children. Not all children respond the same way to stress. We have human instincts but children need help from adults, they may not fully understand the situation, how to keep themselves safe, able to explain their emo-

tions, pain or make certain decisions on their own. Children experiencing mental stress can feel overwhelmed, scared or confused. Reunifying families is a priority and gives children a sense of security.

Having a backpack emergency card that includes the child's name, school, contact information, date of birth, and any medical conditions, such as allergies is a good idea. On the backside of the card, parent's contact information and additional emergency contact information should be included. Laminating the card and placing it in a secure place in the backpack so it withstands wear and tear is important.

Inside this issue:

Logistics Project	2
Utilizing Training	2
Local Updates	3
Training Schedule	3
Fall Basic CERT Class	4

2016 Training

Opportunities:

- Dealing with People in Crisis
- Mental Health First Aid
- Access and Functional Needs

EASY AS ABC

STEPS TO PROTECT YOUR CHILD DURING EMERGENCIES IN THE SCHOOL DAY

A **ASK** how you would be reunited with your child in an emergency or evacuation

B **BRING** extra medications, special food, or supplies your child would need if you were separated overnight

C **COMPLETE** a backpack card and tuck one in your child's backpack and your wallet

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

Download a printable worksheet for your emergency information at emergency.cdc.gov/children

CS258368



GET FEATURED IN THE NEWSLETTER!

Let the Bergen County Office of Emergency Management know what your CERT Teams are doing, so you can be featured in the newsletter. If you would like to submit a story please email martin@bcoem.org.

Please remember to submit your Activation/ Deployment Reports.

VOLUNTEERS STILL NEEDED FOR LOGISTICS PROJECT

Volunteers are still needed to assist with the Bergen County Health Department Point of Distribution (POD) Logistics project. This operation will be for the entire month of September. Volunteers needed from 9:00 AM to 5:00 PM, Monday through Friday. The Bergen County Office of Emergency Management and the Health Department appreciates whatever time you are able to give. Volunteers are requested to work at least four hour shifts. Please bring your lunch with you. This will be taking place in Paramus, NJ.

THIS PROJECT DOES REQUIRE PHYSICAL LABOR.

For more information please contact Meredith Martin at martin@bcoem.org.



Utilizing Training

Everyone is living busy lives and events might not fit into your schedule, that is understandable. The time volunteers are able to give is appreciated. Volunteer members participation makes training successful. Training is important to develop skills, but it is more important to apply the skills by attending exercises, drills and events. The individual's who already take the time to come to training is recognized, participation from as many members as possible makes the CERT mission successful.

Attending training allows members to socialize, develop relationships with members of other municipalities, departments and organizations. Networking is key. The more people practice their skills and gain knowledge the more efficient they will be during a real emergency, and less accidents are likely to occur. Experiencing similar stress as a real event helps prepare members for what it will be like.

One of the main functions of CERT is sheltering. The Health Department needs CERT volunteers to man the shelters. That is why the Bergen County Health Department taught bloodborne pathogen training, and the American Red Cross provided training in shelter fundamentals and shelter management.

Members of the First CERT Class held in Bergen County

At Paramus National Night Out CERT was happy to see retired member Bernie Faley. Mr. Faley was in the first CERT class in 1999 with Scheideler and Hurley and he retired in 2012. Pictured from left to right: Paramus CERT: Mary Ellen Scheideler, Rosanne Hurley, Susan King, Alan Schuler, Anna Ohlendorf, Thom Guida, seated retired : Bernie Faley



Local Updates

Lodi assisted the police department with traffic and crowd control during their National Night Out. Lodi CERT also helped the local Moose lodge with fingerprinting juveniles. During the showing of the movie they assisted parents and children. Many local CERT Teams participated in end of summer events. Teams are preparing for Fall.

Pictured here is Fair Lawn Mayor John Cosgrove showing support to his local CERT Team.



Ramsey Day

Ramsey CERT distributed over 200 disaster supply buckets and countless flyers with emergency preparedness information on Ramsey Day.

Pictured here are the Ramsey CERT Leaders and the Ramsey OEM Coordinator and Deputy Coordinator.



ICS 100 and 700 has become a requirement of the Basic CERT program. CERT members should register for a FEMA Student ID number and take advantage of the FEMA Independent Study Program.

CERT Current Training Schedule

Mental Health First Aid	Saturday, October 8, 2016	9am to 5pm	Mahwah
Dealing with People in Crisis	Thursday October 13, 2016	7pm to 9:30pm	Mahwah
Access and Function Needs	November TBA		

REGISTRATION:

EMAIL: Evelyn Powell at powell@bcoem.org - All classes are offered on a first come, first serve basis)

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Bergen County Office of Emergency Management - CERT The Civilian Responder

Volume 1, Issue 20 October 2016



Prevent Carbon Monoxide Poisoning



Carbon monoxide (CO) is an odorless, colorless gas that kills without warning. It claims the lives of hundreds of people every year and makes thousands more ill. Many household items including gas- and oil-burning furnaces, portable generators, and charcoal grills produce this poison gas. Following these important steps can keep your family safe.

CO DETECTORS • Install battery-operated or battery back-up CO detectors near every sleeping area in your home. • Check CO detectors regularly to be sure they are functioning properly.

OIL & GAS FURNACES • Have your furnace inspected every year. Remember that using space heaters and fireplaces can increase the risk of household fires and carbon monoxide poisoning. Keep all flammable materials away from your furnace, portable or space heater. Remember to shut off portable or space heaters when you leave the house and don't leave them unattended if you have children or pets. If you have a fireplace, inspect the chimney to confirm it is free of debris, creosote buildup, and is unobstructed so combustibles can vent. Clean gutters by removing all debris.

PORTABLE GENERATORS • Never use a generator inside your home or garage, even if doors and windows are open. • Only use generators outside, more than 20 feet away from your home, doors, and windows.

Check or replace carbon monoxide batteries twice a year: when you change the time on your clocks each spring and fall. Daylight Saving Time ends every year on the first Sunday in November. This means it starts to get darker earlier. Replace smoke alarm alkaline batteries at least once a year. Test alarms every month to ensure they work properly. CO poisonings are most likely to occur during the fall and winter months.

This information was obtained from the CDC website, for more information on carbon monoxide poisoning go to <http://www.cdc.gov/co/default.htm>

Inside this issue:

Halloween Health and Safety Tips	2
Local updates	3
Training Schedule	3
Hazardous Waste Collection	4

2016 Training

Opportunities:

- Access and Functional Needs
- Fire Suppression



CARBON MONOXIDE (CO) POISONING



CAN'T BE SEEN



CAN'T BE SMELLED



CAN'T BE HEARD



CAN BE STOPPED



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

GET FEATURED IN

THE NEWSLETTER!

Let the Bergen County Office of Emergency Management know what your CERT Teams are doing, so you can be featured in the newsletter. If you would like to submit a story please email martin@bcoem.org.

Please remember to submit your Activation/ Deployment Reports.

Halloween Health and Safety Tips

from the Centers for Disease Control and Prevention:

Swords, knives, and other costume accessories should be short, soft, and flexible.

Avoid trick-or-treating alone. Walk in groups or with a trusted adult.

Fasten reflective tape to costumes and bags to help drivers see you.

Examine all treats for choking hazards and tampering before eating them. Limit the amount of treats you eat.

Hold a flashlight while trick-or-treating to help you see and others see you. WALK and don't run from house to house.

Always test make-up in a small area first. Remove it before bedtime to prevent possible skin and eye irritation.

Look both ways before crossing the street. Use crosswalks wherever possible.

Lower your risk for serious eye injury by not wearing decorative contact lenses.

Only walk on sidewalks whenever possible, or on the far edge of the road facing traffic to stay safe.

Wear well-fitting masks, costumes, and shoes to avoid blocked vision, trips, and falls.

Eat only factory-wrapped treats. Avoid eating homemade treats made by strangers.

Enter homes only if you're with a trusted adult. Only visit well-lit houses. Never accept rides from strangers.

Never walk near lit candles or luminaries. Be sure to wear flame-resistant costumes.



Local Updates

On September 17th, the North Arlington and Mahwah CERT Teams participated in a western shelter training. In the picture to the right are the members of both teams who participated. On Wednesday, October 5 these teams assisted the NJ EMS Task Force with taking down western shelters in Sandy Hook, NJ.



Paramus CERT:

On the weekend of September 23-25 Paramus OEM and Bergen County OEM ran an exercise drill at the Paramus Life Safety Complex. The scenario was an emergency in Paramus and the EOC was activated. CERT set up the EOC on Friday and the exercise started at 6pm. It was a very involved exercise that was in the planning stages for months by Paramus OEM and Bergen County OEM. The call went out and the IC took charge of the EOC and started the necessary operations needed to take control of the incident. The Friday shift was 1800-2300, Saturday was broken into two shifts, 7-noon and 1300-1700 and the Sunday shift was 7-11am, each shift represented a 12 hour shift of a real emergency. CERT helped out at each shift with Resource Requests, Scribe and Staging. Paramus OEM has included CERT in their planning and have always supported CERT as a part of the Paramus Team. CERT members Erik Boettcher, Thom Guida and Rosanne Hurley were there every day to represent CERT and Susan King was able to help on Saturday.

CERT Members from many CERT Teams throughout the county attended the Bergen County OEM Conference which featured speakers from Waco, TX OEM; NJ OEM, UASI, Philadelphia OEM, Paramus OEM, Moonachie DPW

After this month we will be doing quarterly Newsletters and one Basic CERT Class per year. The 2017 Basic CERT Class will be held in North Arlington.

ICS 100 and 700 has become a requirement of the Basic CERT program. CERT members should register for a FEMA Student ID number and take advantage of the FEMA Independent Study Program.

CERT Current Training Schedule

Disability Awareness in Emergencies	October 25, 2016	Hackensack
Access and Functional Needs	November 2016	TBA
Fire Suppression	December TBA	Mahwah
Basic CERT Class	January 2017	North Arlington

REGISTRATION:

EMAIL: Evelyn Powell at powell@bcoem.org - All classes are offered on a first come, first serve basis)



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2016 Household Hazardous Waste Collection Event

Take your hazardous waste to a safer place!

Bergen Community College

400 Paramus Road

(Entry via Paramus Rd. Only)

Sunday October 16th 9:00 am—3:00 pm

FREE OF CHARGE FOR BERGEN COUNTY RESIDENTS ONLY—ID REQUIRED!

Businesses must pre-register prior to attending BCUA sponsored hazardous waste collection events. A disposal fee will be charged and collected.

Call 201-807-8696 for further information.

DO NOT BRING electronics, paper shredding, or tires to hazardous waste collection!

Acceptable Materials for Waste Collections:

- Aerosol Cans • Anti-Freeze • Batteries (vehicle & rechargeable only) • Blacktop sealers • Bug spray • Disinfectants • Drain Cleaners • Fertilizer • Fire Extinguishers • Fluorescent Light Bulbs • Gasoline • Glue • Herbicides • Insecticides • Kerosene • Lighter Fluid • Mercury Switches • Oil Filters (used) • Paints & Varnishes - All Types • Pesticides • Photographic Chemicals • Propane Gas Cylinders (1 lb. and 20 lb. only) • Solvents & Thinners • Thermostats/ Thermometers • Used Motor Oil

For a complete listing go to www.bcua.org

Materials should be in original containers and labeled.

Unacceptable Materials for Waste Collections:

- Alkaline batteries (AA, AAA, C, D, 9V) dispose in normal trash • Unlabeled waste or containers with unknown contents • Regulated medical waste, radioactive materials, and explosives • Containers larger than five (5) gallons • Any compressed cylinders (e.g. oxygen or acetylene) • Pressure-treated lumber or railroad ties • Computers, electronics, and tires are NOT accepted at waste collections.

If you need help in the disposal of unacceptable waste, please call 201-807-5825 or visit www.bcua.org for additional information.