CERT Training is a **FREE** Community Preparedness course that includes both academic and hands-on instruction. The course will meet at the **Town of Tonawanda Fire Training Tower Classroom**, (70 Fire Tower Drive), located off of Two Mile Creek Road in the **Town of Tonawanda**. The nine (9) class course starts on **Monday, September 13, 2010** and continues on Monday evenings (6:00-9:00 PM) followed by a Saturday course review and simulated disaster training exercise on November 13, 2010. Participants should plan to attend all sessions. Please contact Jess Martin, Citizen Corps Coordinator, at jmartin@niagara.edu or at 716-286-8306 for more information.

Online enrollment and information about CERT and other training opportunities can be found at the Border Community SERVICE website www.niagara.edu/bordercommunityservice.

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**SMART Training in Erie County welcomes Regional CERT Members**

CERT members are welcome to attend the SMART (Specialized Medical Assistance Response Team) trainings listed below. The May, September and November trainings have been planned for SMART members only.

Please contact **Pati Aine Guzinski** at pataine.guzinski@erie.gov or (716) 961-6898 if you wish to attend. All SMART classes are held at the Erie County Fire Training Academy, 3359 Broadway, Cheektowaga, NY 14227.

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<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Topic</th>
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<tbody>
<tr>
<td>Wednesday, Aug 18</td>
<td>6:00p - 8:30p</td>
<td>Mass Fatalities - Erie County Medical Examiner</td>
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<tr>
<td>Saturday, Aug 18</td>
<td>9:00a - 11:30a</td>
<td>Mass Fatalities - Erie County Medical Examiner</td>
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<tr>
<td>Wednesday, Oct 20</td>
<td>6:00p - 8:30p</td>
<td>Animals in Disasters - Helen Robert</td>
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<tr>
<td>Saturday, Oct 23</td>
<td>9:00a - 11:30a</td>
<td>Animals in Disasters - Helen Robert</td>
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<tr>
<td>Wednesday, Dec 15</td>
<td>6:00p - 8:30p</td>
<td>Challenges of Special Populations</td>
</tr>
<tr>
<td>Saturday, Dec 18</td>
<td>9:00a - 11:30a</td>
<td>Challenges of Special Populations</td>
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Executive Director: Dana Estrada

As of July 1st, Dana Estrada has assumed the Executive Director position for Niagara University’s Border Community SERVICE office. As most of you know, Dana joined Border Community SERVICE in May of 2008 as the City of Buffalo Project Coordinator.

Dana’s new contact information is 716-286-8304 or dle@niagara.edu.

Niagara County Coordinator: Valerie Haseley

Valerie was recently appointed as the Niagara County Project Coordinator. Valerie joins the Border Community SERVICE with several years of experience with conducting special events and fundraisers, volunteer management, community relations and outreach activities previously working for two human service organizations, Heritage Centers and Opportunities Unlimited of Niagara.

Valerie is a life-long resident of Niagara County, growing up and attending North Tonawanda Senior High and now lives with her husband in Wheatfield. Valerie is also a graduate of Niagara University with a BS in Business and MBA.

BCS Office Coordinator: Gail Struzik

Gail comes to the BCS Office and back home to Niagara University, where she had been employed for over 15 years previously in the Education Department, before trying her hand as school secretary for Stella Niagara Education Park, for the past several years. She resides in Youngstown with her husband Joe and their two dogs, Zoë and Sierra.

City of Buffalo

In July we partnered with the Mayor’s Summer Youth Program to present emergency preparedness presentations to over 100 participating students. In addition, we were able to present the documentary entitled, “Katrina’s Children,” a riveting look at Hurricane Katrina and it’s aftermath from the perspective of 19 children from the Gulf Coast. We were also invited to Cornerstone Manor to speak to both employees and clients, as well as presented emergency preparedness information to the Lovejoy Neighborhood at their annual National Night Out celebration on August 3rd.

On July 20th, City of Buffalo CERT member Janet Hinkel presented, “Global Warming: Why Public Health Professionals Care and Why Emergency Preparedness Responders Should Too.” The presentation offered an interesting look at Global Warming and its potential impact on natural disasters. And on August 4th, City of Buffalo CERT had the opportunity to see “Katrina’s Children” at Medaille College.

On August 30th, join us for a regional press conference to kick off National Preparedness Month at the Buffalo & Erie County Chapter of the American Red Cross (786 Delaware Ave., Buffalo). The press conference will commence at 10am with special guest “Ready Rex,” the FEMA mascot. Later, join us at the Buffalo Bisons game as we host an emergency preparedness night. We will have literature, giveaways and preparedness messages on the Jumbotron throughout the game. We would welcome participation from CERT members during these important dates!
Niagara County                Valerie Haseley                716-286-8023

I've hit the ground running and have planned some upcoming events and activities in Niagara County. In August I will have my first presentation at Newfane ABCD with the parents group and I have another one scheduled in September at the Master's Vineyard Mission Academy Christian School which will be geared towards the students.

September is gearing up to be a busy month for CERT members. A Skills Enhancement Training focusing on Fire Safety and Light Search & Rescue review is scheduled for September 22 at 6:30 pm in the “Tuscarora Community Building” located at 1924 Mount Hope Road in Lewiston. The rescheduled American Heart Association CPR/AED Training is on September 29 from 6:00-10:00PM on Niagara University in Dunleavy Room 127.

We will have a booth at the Niagara River Region Chamber of Commerce Annual Harvest Festival Craft Show on Saturday, September 25 from 10 am – 5 pm in Lewiston. Volunteers are needed to help man the booth for 3 hour shifts.

Border Community SERVICE was also present at the Crime Night Out Event in Niagara Falls on July 27 and will be attending the Good for the Neighborhood event at the Doris W. Jones Family Resource Building in Niagara Falls on August 19.

Keep your eyes open around the County as there will be community billboards and signs promoting Emergency Preparedness. Currently, The Hartland Fire Co. will promote National Preparedness Month in September on their new electronic sign and the Village of Lewiston’s Academy Park sign will promote Ready.gov the second week in October.

Please contact Valerie Haseley at (716) 286-8023 or vhaseley@niagara.edu if you are interested in attending a training, having a presentation or volunteering.

Town of Tonawanda                Jess Martin                716.286.8306

As usual Town of Tonawanda residents continue to actively participate in the Town of Tonawanda CERT program. On August 3, 2010, nine Town of Tonawanda CERT members including Regina Lyons, John Moffat, Rick Stoll, Floyd Curtis, Peter Darrigo, Beth Peacock, Sally Holtz, Roy Holtz and Kate Washington dedicated their time to assist with the CERT table at Tonawanda’s National Night Out Event. Thanks to their efforts, more than 15 individuals signed up for the Town of Tonawanda CERT Training Course in September.

Town of Tonawanda CERT members are invited to attend the CERT Board Meeting on Monday, August 23, 2010. The location will be announced at a later date.

All Town of Tonawanda CERT members are invited to attend the Citizen Corps Picnic on Friday, September 17, 2010 at the Noco Pavilion (450 Ensminger Rd). This is a fun social event for CERT and CPA members to get together and have a good time. Doors open at 6pm where a chicken dinner with desert and a beverage are included. The cost per person is $5.50. All monies must be in by September 6, 2010. No money is being accepted the day of the picnic. Please send checks or money order to:

C.E.R.T.
c/o Marge Fleck
132 East Monmouth Ave
Tonawanda, NY 14150

Any CERT members interested in assisting with the Citizen Corps Picnic are welcome to join the Citizen Corp Picnic committee, which will meet on Monday, September 13, 2010 at 6pm located at the Tonawanda Fire Tower (70 Fire Tower Drive). Please contact Marge at 716-833-3429 or Sally at 716-837-2290 if you have questions. Come join the fun and celebrate the beautiful change of seasons!

It is with great regret that the sad news of the death of Joanne Dobo's husband Jim is shared. Jim passed away on Saturday, August 7, 2010. Arrangements are set for Wednesday, August 11, 2010 at the Amigone funeral home on Sheridan Drive and Parker. The services begin at 3pm.
15 Ways To Keep Cool When it's Hot

August is already on the books as being hot and humid. Keeping cool when temperatures reach record highs is not just about comfort. Dangerously high temperatures can result in heat-related illnesses ranging from heat cramps to heat exhaustion and heat stroke. The following tips according to MedicineNet.com can help you keep cool all summer long.

1. Alter your pattern of outdoor exercise to take advantage of cooler times (early morning or late evening). If you cannot change the time of your workout, scale it down by doing fewer minutes, walking instead or running, or decreasing your level of exertion.
2. Wear loose-fitting clothing, preferably of a light color.
3. Fill a spray bottle with water and keep it refrigerated for a quick refreshing spray to your face after being outdoors.
4. Fans can help circulate air and make you feel cooler even in an air-conditioned house.
5. Try storing lotions or cosmetic toners in the refrigerator to use on hot, overtired feet.
6. Keep plastic bottles of water in the freezer; grab one when you're ready to go outside. As the ice melts, you'll have a supply of cold water with you.
7. Take frequent baths or showers with cool or tepid water.
8. Combat dehydration by drinking plenty of water along with sports drinks or other sources of electrolytes.
9. Use a small, portable, battery-powered fan while outdoors. There are some versions that attach to a water bottle, which sprays a cooling mist.
10. If you are wearing a cap or hat, remove it and pour a bit of ice cold water into the hat, then quickly invert it and place on your head (you see a lot of tennis pros doing this).
11. Avoid caffeine and alcohol as these will promote dehydration.
12. Instead of hot foods, try lighter summer fare including frequent small meals or snacks containing cold fruit or low fat dairy products. As an added benefit, you won't have to cook next to a hot stove.
13. If you don't have air-conditioning, arrange to spend at least parts of the day in a shopping mall, public library, movie theater, or other public space that is cool. See if your city has a cooling center open to the public on sweltering days.
14. Finally, use common sense. If the heat is intolerable, stay indoors when you can and avoid activities in direct sunlight or on hot asphalt surfaces. Pay special attention to the elderly, infants, and anyone with a chronic illness, as they may dehydrate easily and be more susceptible to heat-related illnesses. Don't forget that pets also need protection from dehydration and heat-related illnesses too.