Border Community SERVICE

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Saturday, June 9, 2012
Border Community SERVICE
Empowering Volunteers Annual Conference

Our annual free day-long conference for volunteers and community leaders will be held on Saturday, June 9, from 9:00 am to 2:30 pm at NU.

Detailed information is available at the Border Community SERVICE website (www.niagara.edu/bordercommunityservice). The registration form for this conference can be found on page 10 of this newsletter.

Our keynote address will be by Mark Kreyer, Protective Security Advisor for Buffalo, NY, speaking on If You See Something, Say Something.

The conference will also include the following presentations:

Session One: (choice of one)
• Flooding: Water, Water Everywhere!
• Moulage and Drill Support
• Cyber Security

Session Two: (choice of one)
• Neighborhood Watch: The Importance of Connecting with Law Enforcement
• Hands-On Triage Exercise
• Basics of Self Defense

Registrations due by Monday, June 4th. Hope to see you there!

Did you know that 1 in 6 Americans live at below poverty level…
That 1 in 6 Americans face hunger daily…
Out of 49 million Americans, 16 million of them are children, facing hunger each day… Can you help?

The National Association of Letter Carriers - STAMP OUT HUNGER FOOD DRIVE is scheduled for Saturday, May 12th. What can you do? Collect and bag non-perishable food items and personal items and place them by the mailbox for letter carriers to collect and deliver to a local food bank or pantry. THANK YOU!
April began with promoting Border Community SERVICE on WLVL’s Radio Show called “Niagara’s Talking.” It was an informative one-hour program and I hope that I was able to educate people who may have not already been aware of our program and CERT. At the end of the month, I also did a brief segment on Niagara’s Hub daily podcast called “The Soapbox” with Craig Avery.

I participated in the Niagara Falls Memorial Medical Center’s World Health Day that took place on Saturday, April 14 at the 18th Street Resource Center and about 100 people from the neighborhood came to the event and I talked to many concerned citizens about their emergency preparedness plans.

I also spoke with two classes at the Board of Cooperative Education Services regarding “Preparing Makes Sense.” The kids were very inquisitive about what to include in an emergency supply kit and had many questions about emergency preparedness for their family.

The “Preparing Makes Sense” Workshop took place April 18 at the Newfane Community Center and was sponsored by the Countryside Community Neighborhood Watch (CCNW). At the workshop I presented “Map Your Neighborhood,” a program designed to build and strengthen disaster readiness among neighbors (developed by Washington State Emergency Management) and the “Preparing Makes Sense – Get Ready Now” presentation. There were 21 people from across the county in attendance.

We had an excellent Skills Enhancement Training called “Learn to Defend Yourself without Becoming the Aggressor - a Personal Security/Self Defense Seminar.” Our instructor was Philip Barr, a Martial Arts Instructor and Iraq War combat veteran. Philip provided an unique, non-violence based approach to personal security and introduced the concepts of preventative security, conflict de-escalation and physical escape/attack survival tactics and techniques. The people in the class practiced hands-on techniques and only had rave reviews of our instructor and his seminar.

CERT members were also available to assist in a state-wide drill called “Storm West” that included the evacuation of local hospitals due to a powerful rainstorm. CERT members were responsible for assisting in the Emergency Operation Centers at two sites in Niagara County. It was a real-life exercise that demonstrated the need of CERT support during a disaster. Thank you to Bob Belton, Marianne Evans, Jackie Hamilton, Dan Hunter, Lynnor Printup and Janice Vertlieb for participating in the drill and representing Niagara County CERT!

Please contact Valerie Haseley at 716.205.0076 or vhaseley@niagara.edu if you would like to have a presentation scheduled with your group.

FOR YOUR INFORMATION:

Please see attached flyer on page 9 for a Mass Prophylaxis class offered in Cattaraugus County. Mass Prophylaxis is the administration of critical interventions (e.g., antibiotics, vaccinations, antivirals) to prevent the development of disease among those who are exposed or potentially exposed to public health threats. This course is open to public health practitioners, health departments, MRC volunteers, EMS, law enforcement, schools, closed POD staff, etc.”
We began a new City of Buffalo CERT class on April 25th with 22 fantastic individuals. The students come from such varied experiences – college students working with AmeriCorps to many former military members. We’re very fortunate to have such a wonderful group. If any CERT members would like to stop by to refresh a class or two, please let me know. We’d be happy to have you.

We’re also beginning our work with the Clean Sweep Initiative in the City beginning next week. We’re looking forward to meeting people in their neighborhoods to talk about the importance of preparedness. The program had good success working with the initiative last year and met many wonderful partners. We’re looking forward to building those relationships throughout the city.

On May 12th, Border Community SERVICE will be at the Bidwell Market to hand out preparedness literature. We’re also picking up our partnership with Independent Health’s good for the Neighborhood initiative and will visiting the Westminster Community Charter School and Westside Community Services during the month of May.

As always, please contact Dana Estrada at 205-0075 if you wish to have a presentation in the City of Buffalo or have an event at your church, community center, local school that we could get involved in. We look forward to hearing from you!

FYI:
It is with great sorrow that we share the news of the passing of David Spinda, a Neighborhood Activist and advocate for the City of Buffalo. Dave was active in many, many civic and crime prevention groups in our region, including CERT. He was truly an asset to our community and will be deeply missed.

Border Community SERVICE of Niagara University
CERT Skills Enhancement
National Weather Service SKYWARN™ Training Sessions

Judy Levan, Warning Coordination Meteorologist
National Weather Service, Buffalo NY

Description: SKYWARN™ is a nationwide program of spotters that report severe weather to the National Weather Service. Anyone can become a SKYWARN™ spotter for the National Weather Service, all you have to do is attend a Spotter Training Sessions. There is no charge for the training.

The SKYWARN™ basic training session provides a brief overview to the National Weather Service (the organization and responsibilities), the equipment used (including capabilities and limitations), and basic severe weather meteorology (including how thunderstorms, severe thunderstorms and tornadoes form).

Attendees are instructed on what types of severe weather the National Weather Service is interested in hearing about and are given an 800 telephone number for 24 hour access to make reports directly to the NWS forecasters.

<table>
<thead>
<tr>
<th>Dates/Times</th>
<th>Location</th>
<th>Call to Register</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday, May 7 – 6:30-8:30 pm</td>
<td>Niagara University – St. Vincent’s Hall Room 405</td>
<td>Valerie Haseley 205.0076 or <a href="mailto:vhaseley@niagara.edu">vhaseley@niagara.edu</a></td>
</tr>
<tr>
<td>Thursday, May 10 – 7:00-9:00 pm</td>
<td>Erie County Fire Training Academy 3359 Broadway, Cheektowaga NY 14227</td>
<td>JT Glass <a href="mailto:James.Glass@erie.gov">James.Glass@erie.gov</a></td>
</tr>
</tbody>
</table>
The Niagara County Medical Reserve Corps has invited Niagara County CERT to assist with the Tour de Cure in Niagara County this year. This event, which benefits the American Diabetes Association, is the largest bike tour in Niagara County, with up to 1200 riders, and involves several courses ranging from 6 to 100 miles in length. All courses begin and end at the NCCC campus in Sanborn.

This year's Tour de Cure will take place on Saturday, June 2, 2012. The first riders will depart around 6:00 a.m., and the event should end by 2:00 p.m. They need at least seven CERT members to assist the medical staff in triage and first aid at check-in points along the course (locations TBD); there will be physicians at these points also, and CERT volunteers may choose to work in shifts.

Please let me know if you are interested in helping and I will forward your information to the MRC. Please call me at 205-0076 or email at vhaseley@niagara.edu.

Thank you,
Valerie Haseley
Niagara County Project Coordinator

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Smart Training/Meeting Calendar - May 2012

<table>
<thead>
<tr>
<th>Date</th>
<th>Day(s)</th>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>5/16/12</td>
<td>Wednesday</td>
<td>6:00pm – 8:30pm</td>
<td>Psychological First Aid Exercise (ALL SECTORS)</td>
</tr>
<tr>
<td>5/16 &amp; 17</td>
<td>Tues &amp; Wed</td>
<td>8:30am - 4:30pm</td>
<td>Medical Management of CBRNE Events**</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>**You must contact the SMART Office for registration **</td>
</tr>
<tr>
<td>5/19/12</td>
<td>Saturday</td>
<td>9:00am - 11:30 am</td>
<td>Psychological First Aid Exercise (ALL SECTORS)</td>
</tr>
<tr>
<td>5/21-24</td>
<td>M, T, W &amp; Th</td>
<td>6:00pm - 10:00pm</td>
<td>Medical Management of CBRNE Events**</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>**You must contact the SMART Office for registration **</td>
</tr>
</tbody>
</table>

◊ Dates may change due to participation in community events / drills / exercises.
◊ All classes will be held at the Erie County Fire Training Academy, 3359 Broadway, Cheektowaga, NY 14227
◊ In an effort to facilitate an optimum training environment and experience, class size may be limited.
◊ Pre-registration is required for all sessions. Every effort will be made to send out session specific information, including the pre-registration form, at least 2 weeks before each session.

Pati Aine Guzinski | Training Coordinator PH Emergency Preparedness
Erie County | Health
95 Franklin Street, Room 987 | Buffalo, NY 14202
P:(716) 858-7109 | F:(716) 858-7121

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VOLUNTEER OPPORTUNITY

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Please let me know if you are interested in helping and I will forward your information to the MRC. Please call me at 205-0076 or email at vhaseley@niagara.edu.

Thank you,
Valerie Haseley
Niagara County Project Coordinator
Niagara County CERT Steering Committee Meeting – May 30th

If you are a CERT member from Niagara County, please join us for our next meeting on **Wednesday, May 30 at 6:30 p.m. at Cambria Fire Hall, 4631 Cambria-Wilson Road, Lockport, NY 14094.** The purpose of the Steering Committee is to seek input on how to better serve Niagara County; conduct outreach initiatives throughout the community; and develop training for members.

At this meeting I will provide a brief update on happenings in Niagara County; discuss what events are coming up in the summer that need volunteers; and start planning an event in September for National Preparedness Month.

If you are interested in attending or have any additional questions, please contact Valerie Haseley, Niagara County Project Coordinator, at 716.205.0076 or vhaseley@niagara.edu.

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Volunteers are needed to supplement Niagara County Community College’s public safety department with traffic and crowd management at this family-friendly event.

Volunteers are needed for the following shifts (or even if you are available for a couple of hours)

- **Friday, July 27, 2012**
  - from 3:30 PM - 11:00 PM

- **Saturday, July 28, 2012**
  - from 9 AM-4 PM
  - from 4 PM-11 PM

- **Sunday, July 29, 2012**
  - from 9:00 AM -4:00 PM

If you are interested in volunteering, please provide me with the **date and shift or time frame** you are available to assist. Your information will be provided to NCCC who will contact you with details as the event nears.

Please contact Valerie Haseley, Niagara County Project Coordinator, at 716.205.0076 or vhaseley@niagara.edu if you are available to help or for more information.
Deaf Community Alliance Network (DCAN) Training Opportunity

Friday May 18, 2012

Strengthening Communities: Preparing for Emergencies With the Deaf and Hard of Hearing Community

Have you ever encountered a Deaf or Hard of Hearing person during an emergency situation? Do you want to learn more about communication issues affecting Deaf people and First Responders?

Gain new insight into assistive technologies & communication strategies at the DCAN 2012 Conference!

Who should attend: Fire, Law Enforcement, EMS & First Responders, Crisis Service & Human Service providers, Educators & Healthcare professionals are encouraged to register!

Andrew Perlman, Acting Director of the Center for Emergency Preparedness Information Network (CEPIN) brings his nationally recognized presentation “Emergency Responders and the Deaf and Hard of Hearing Community: Taking the First Steps to Disaster Preparedness,” Mr. Perlman’s years of experience in the fire services field and his active participation in the Deaf community helped provide enhanced relationships between emergency management, public health and disability communities.

This training opportunity will take place on Friday May 18, 2012 from 8:00am–3:00pm at Salvatore’s Italian Gardens, 6461 Transit Rd., Depew, New York 14043. $40 includes lunch and light snacks.

Schedule:
8:00am - 9:00am  Registration/Light Breakfast
9:00am - 10:15am  Keynote Presenter: Andrew Perlman, CEPIN
10:15am - 10:45am  Break & Vendor Tables
10:45am - 11:45am  Assistive Technologies Presentation
11:45am - 12:45pm  Lunch/Presenters: How CPR Saved My Life
12:45pm - 1:45pm  Round Table Scenario Discussions
1:45pm - 2:00pm  Break
2:00pm - 2:45pm  Sign Language and Deaf Culture Presentation
3:00pm  Conference Ends.

To register, please go to www.wnydas.org to complete the DCAN 2012 registration form. Deadline: 5/15/12.

Sign language interpreters provided! For more information, please contact Jason Goldstein at Jason@wnydas.org

A Special Thank You to the DCAN Planning Committee
(Left to right): Deaf Adult Services, American Red Cross of Western New York, Independent Living of Niagara, Kaleida Health, Buffalo Fire Department & Erie County Emergency Services
Controlling Your Lighting Costs

Lighting accounts for about 20% of the average home’s electric bill. Much of that expense is due to using inefficient light bulbs and poor lighting habits.

The following tips could save you as much as $150 a year on electricity costs:

• Replace incandescent lightbulbs with energy efficient compact fluorescent lightbulbs (CFLs) on lighting you use most in your home. CFLs use 75% less energy than incandescent light bulbs.
• Open the shades and let the sun provide free lighting instead of automatically turning lights on during the day.
• Adopt a family rule to turn off lights when not in use.

Compact Fluorescent Light bulbs (CFLs)

Did you know:

• CFLs use only a fraction of the amount of electricity used by comparable incandescent light bulbs (see table).
• By switching to a CFL, electricity savings in the first year will more than pay for the cost of the CFL (for lights you use the most).
• CFLs last up to 10 times longer than incandescent light bulbs.
• CFLs are available in many sizes to fit most light fixtures, including three –way and dimmable lamps.
• CFLs come in a variety of lighting types: a warm soft light similar to standard incandescent bulbs, a cool bright light good for work spaces, or a natural light that is ideal for reading.
• CFLs emit less heat than incandescent light bulbs and are cooler to the touch.

<table>
<thead>
<tr>
<th>Annual Savings per CFL</th>
<th>60W</th>
<th>75W</th>
<th>100W</th>
</tr>
</thead>
<tbody>
<tr>
<td>Regular lightbulb – watts</td>
<td>60w</td>
<td>75w</td>
<td>100w</td>
</tr>
<tr>
<td>Comparable CFL – watts</td>
<td>15w</td>
<td>20w</td>
<td>30w</td>
</tr>
<tr>
<td>Watt Savings</td>
<td>45w</td>
<td>55w</td>
<td>70w</td>
</tr>
<tr>
<td>Average hours used each day</td>
<td>x 4</td>
<td>x 4</td>
<td>x 4</td>
</tr>
<tr>
<td>Days in a year</td>
<td>x 365</td>
<td>x 365</td>
<td>x 365</td>
</tr>
<tr>
<td>Watt savings in a year</td>
<td>65,700</td>
<td>80,300</td>
<td>102,200</td>
</tr>
<tr>
<td>Kilowatt hour savings in a year (watts/1,000)</td>
<td>66</td>
<td>80</td>
<td>102</td>
</tr>
<tr>
<td>Average cost per kilowatt hour in NYS</td>
<td>x 19¢</td>
<td>x 19¢</td>
<td>x 19¢</td>
</tr>
<tr>
<td>Average electricity savings per year</td>
<td>$13</td>
<td>$15</td>
<td>$19</td>
</tr>
<tr>
<td>Average life of a CFL – year</td>
<td>x 7</td>
<td>x 7</td>
<td>x 7</td>
</tr>
<tr>
<td>Total average savings of switching to a CFL</td>
<td>$91</td>
<td>$105</td>
<td>$133</td>
</tr>
</tbody>
</table>

CFLs contain a very small amount of mercury sealed within the glass tubing. Contact your local municipal solid waste office to find out about the recycling options for CFLs available in your community and how to dispose of broken bulbs. For more information call 1-888-Ask-PSC1 or visit www.AskPSC.com

This information provided by:
NIAGARA COUNTY SHERIFF JAMES R. VOUTOUR WILL BE HOLDING AN OPEN HOUSE SATURDAY MAY 19, 2012 FROM 11AM - 3PM AT THE NIAGARA COUNTY SHERIFF’S OFFICE

- Emergency Response Team Demos
- Corrections Emergency Response Team (CERT) Demonstrations
- Niagara County Jail Tours
- Dispatch Center Tours
- Child Safety Seat Check 12pm-3pm at Public Safety Building
- Numerous Vehicle Displays
- Boat Displays
- Blood Drive – American Red Cross
- Additional Displays From Health Department, County Clerks Office, and New York State DMV

FREE ADMISSION, OPEN TO ALL! FOOD & REFRESHMENTS AVAILABLE FOR PURCHASE

Niagara County Sheriff’s Office
5526 Niagara Street Extension
Lockport, NY 14094

Questions/Directions
Contact: (716) 438-3310 or visit www.niagarasherriff.com
Mass Prophylaxis

Preparedness and Planning Training Course

Cattaraugus County Office of Emergency Services

Wednesday, June 6, and Thursday, June 7, 2012
8 A.M. To 5 P.M.

Cattaraugus County Office of Emergency Services
303 Court Street, Little Valley, NY

Must Pre-register By Calling Cathi at (716) 938-2213 or E-mailing CLPeters@cattco.org.
Registration for 2012 Empowering Volunteers Conference

Presented by Border Community SERVICE of Niagara University,
a regional Citizen Preparedness Training Center, on Saturday, June 9, 2012

Name: ____________________________________________
Title: ____________________________________________
Agency: __________________________________________
Affiliation: _______________________________________
Address: _________________________________________
City: _____________________________________________ ST: ________ Zip: ______________
Email: ____________________________________________
Phone: ____________________________ FAX: ____________________________

Please indicate the workshop you are most likely to attend in each session.

Workshop Session One:

_____ Flooding: Water, Water Everywhere!
_____ Moulage and Drill Support
_____ Cyber Security

Workshop Session Two:

_____ Neighborhood Watch: The Importance of Connecting with Law Enforcement
_____ Hands-on Triage Exercise
_____ Basics of Self Defense

I do _______ do not _______ plan to attend lunch.

Schedule Subject to Change

Please register by June 4 one of the following ways:

□ Mail form to: Border Community SERVICE, PO Box 2040, Niagara University, NY 14109-2040
□ FAX this registration form to 716-205-0072.
□ Online thru www.niagara.edu/bordercommunityservice
□ Call Gail Struzik at 205-0077 and she will complete a registration form