

This weekly newsletter should provide you with helpful information that you can share and discuss with your community members.

[\[Click here to view as a webpage\]](#)

GRADUATION EDITION

As promised per last week's newsletter, here are the links for:

[Cycle 43's Graduation Photos](#)

[Cycle 43's Graduation Recording](#)

NYC Mayor's Chief of Staff Camille Joseph Varlack

PREP TALK

THE EMERGENCY MANAGEMENT PODCAST

Although Women's History Month has come to an end, it is important to continue to recognize achievements women have made over the course of American history and celebrate their contributions. On the latest episode of "Prep Talk" Camille Joseph Varlack, chief of staff to New York City Mayor Eric Adams, shares her story about what inspired her to pursue a career in law, challenges women still face in the workplace, and what she hopes to accomplish in her current role.

Varlack also discusses what led her to a career in public service and why she eventually started her own law practice. Throughout her career she has overseen the City and State's response to various emergencies and talks about which disaster was the most difficult to navigate, as well as the most rewarding thing about assisting New Yorkers during emergencies.

"I really believe in service, and I always wanted to be a prosecutor," said Camille Joseph Varlack, Chief of Staff to the Mayor of New York City. "The notion that you try to bring some kind of modicum of justice to those that have been hurt or harmed in some way was something



MONDAY RADIO ROLL CALL

Borough Channel: CERT BK (Brooklyn)

04/17: Manhattan

Call Scenario: Have you checked on a fellow CERT member?

Documents to Review:

[Citywide Radio Drill Refresher](#)

[Call signs per Radio](#)

QUIZ OF THE WEEK



Each week we will have a survey with questions that relates back to lessons learned during NYC CERT training or your experience as a member. The answer will be revealed in the following week's newsletter. Good Luck!

[CLICK HERE FOR THIS
WEEK'S QUESTION](#)

that was very compelling to me.”

You can listen to the latest episode on [SoundCloud](#), [Apple Podcasts](#), and [Spreker](#).

Get Your Amateur Radio License!



Two new classes, starting Monday Apr 24th, are going to be offering opportunities to receive an Amateur Radio License and Amateur Extra License respectively. Both classes will meet virtually every Monday and Tuesday for 5 weeks.

Technicians Class [Amateur License]

- Mon & Tue: 18:00 to 19:15

Amateur Extra Class [Amateur Extra License]

- Mon & Tue: 19:15 to 20:45

While this is not a CERT Training, this is still a resource available to all who would like to take the course.

[VE Courses website for more information.](#)

[Technicians Class Flyer](#)

[Amateur Extra License](#)

Stress Awareness Month!



Since its inception in 1992, National Stress Awareness Month has been held every April to raise awareness of the causes and treatments of the modern-day stress epidemic.

It is a time dedicated to removing the guilt, shame, and stigma associated with mental health whilst also providing the opportunity to discuss the effects of stress and have an open dialogue with friends, family, coworkers, and professionals about our mental and emotional state. Knowing how to recognize stress and anxiety, how to build resilience, manage job stress, and where to get help are essential.

Here are a few useful links for you to explore:

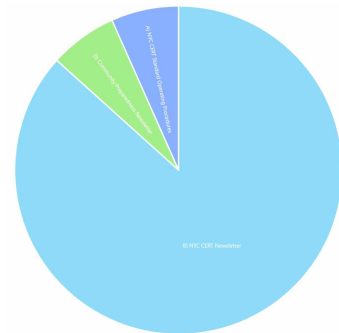
Stress Management Society:

<https://www.stress.org.uk/what-is-stress/>

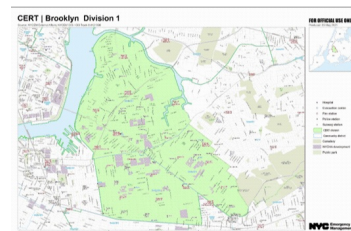
Self-Care Webinars:

<https://www.nyc.gov/assets/olr/downloads/pdf/wellness/letstalkond>

The correct answer to last week's question is: **The correct answer is: B) The CERT Newsletter.** The CERT Newsletter publication is distributed weekly to all CERT members and provides a variety of program information to volunteers. The newsletter is a one-stop shop to find current CERT events, policy updates, upcoming training opportunities, new program initiatives and campaigns, and to see some familiar faces of fellow members and CERT staff. All active CERTs should be perusing the newsletter each week to be sure they are keeping up with the latest updates and testing their knowledge by taking the Quiz of the Week!



The [NYC CERT Standard Operating Procedures \(SOPs\)](#) provides guidance and outlines policies and procedures for you and your team to follow.



Guided Mediations: [Be Well Meditations on Vimeo](#)

Stress Awareness 101: <https://youtu.be/XTgbQI73dos>

WorkWell Digital Fitness Calendar April – June:
[2023 Cycle 2 April-June Digital Fitness Calendar \(nyc.gov\)](#)

New FEMA Learning Management System



Get Ready for EMI Learning Management System (LMS)

We are preparing to rollout our new LMS to enhance student training, and provide an improved interactive experience for self-paced courses

Coming Soon: Preparations underway for new interactive learning environment

EMI is finalizing the process to rollout a new Learning Management System (LMS) to enhance student training. The system provides an environment that allows for a more interactive experience for self-paced courses, progress tracking, and a host of other student services in one convenient location.

The rollout is on track for late spring. All current and former students will go through a login and verification process the first time they visit. Your current FEMA Student ID (SID) information must be accurate and will be transferred to the new system.

There are some things you can do right now to make sure your account information is current and up to date.

In order to improve student training, FEMA EMI is wrapping up the process of deploying a new Learning Management System (LMS). Self-paced courses, progress tracking, and a wide range of other student services can all be found in one convenient location thanks to the system's environment.

The launch is scheduled for late spring. All current and previous students will go through a login and confirmation process whenever they first visit. Your current FEMA Student ID (SID) information must be accurate and will be transferred to the new system.

It is extremely important to complete the following steps to ensure your student information is accurate. Completing this action will help ensure a successful migration of your student data.

1) Verify Your FEMA SID Information

Sign into your FEMA SID account at:

- [FEMA Student Identification \(SID\) System \(dhs.gov\)](#)
- Click **Edit Profile**, and verify the accuracy of your account information (email address, personal info., etc.)
- There are Self-help actions and FAQs available to assist you on the FEMA SID site.

2) Get a Copy of Your Transcript

Request a copy of your Student Transcript (Independent Study only)

- Sign into the Student Portal and request your transcript:
- [Emergency Management Institute \(EMI\) | Student Portal \(fema.gov\)](#)

3) Verify your Transcript

- Review your transcript for accuracy
- Make inquiries for any corrections with the [Independent Study Program](#) before the new system goes live.

NYC CERT Division maps are available (pdf format) to support recruitment and preparedness planning in your community.

[Brooklyn](#) - [Bronx](#) - [Manhattan](#) - [Queens](#) - [Staten Island](#)



View the [NYC CERT Event Calendar](#) to see upcoming training, meetings, and planned deployments.

After you participate, be sure to [Submit Your Volunteer Hours!](#)

For more questions on how to submit your service hours you can view the [Hours Submission FAQs](#).

READY NEW YORK

If your division is hosting or participating in an upcoming event, please complete the [Event Request form](#) to have your opportunity published through Eventbrite.com for members to register.



Your NYC CERT Ready New York Liaison can submit a [Ready New York Material Request](#) for upcoming events.

source for information about emergency alerts and important city services. Download the free [Notify NYC](#) mobile app, available for [iOS](#) and [Android](#).

Help us Celebrate 20 Years of NYC CERT



Send us your CERT photos or videos!

We have created a link for you to easily upload your collection of CERT related photos and videos from your time in the program.

You may upload several items per event/deployment, but only a maximum of three per submission. After submitting, there will be an option to submit three more!

You can scan the accompanying QR code or use this link: on.nyc.gov/CERTupload

Please label the files in the following manner: **Date (including year), Borough, Division (or team), Event, members included (if available).**

If you have any questions, please contact us at cert@oem.nyc.gov. Thank you!

Monthly Meetings

Queens Division 5

Queens Division 5 held their monthly meeting to discuss upcoming events in their local community and also preparing for outdoor spring and summer recruiting. The team also went through their gear to replace old OEM labeled gear with current NYCEM labeled gear.



Brooklyn Division 7

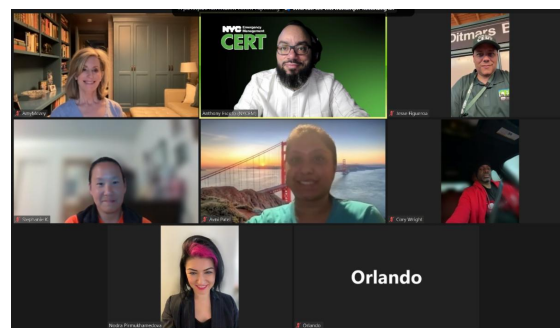
This past Thursday, Brooklyn Division 7 held their monthly meeting. Throughout the meeting, members took the time to discuss upcoming events and volunteer opportunities whilst looking ahead to plan their own events as well.



VOLUNTEER ACTIVITY

New CERT Graduate Orientation

This past Tuesday, an overview regarding the engagement in the CERT program was conducted for the newly graduated CERT members of cycle 43!



Forest Hill's Street Fair



** Correction from last week's newsletter **

On April 2nd, Queens Division 3 members distributed Ready New York preparedness material at the Forest Hill's Street Fair. Throughout the event division members focused their efforts on recruiting community members interested in volunteering. Great work!

[Download NYC CERT Background](#) for use during CERT meetings and training in a virtual environment (e.g. Microsoft Teams, Zoom, etc.)



VOLUNTEER OPPORTUNITIES

Hands-Only CPR by NY Presbyterian Hospital [Hybrid]

NY Presbyterian's Community Affairs Department will provide advanced training in Hands-Only CPR and best practices for effective administration this Wednesday, April 26 at 6:30 pm. Hands-only CPR is CPR without mouth-to-mouth breaths and has been shown to be as effective as conventional CPR for cardiac arrest, doubling or even tripling a victim's chance of survival.

[If you are interested in registering, please click here.](#)



Functional Exercise at Randall's Island!



This daylong event will be comprised of a series of stations with exercises, refreshers, and classes that will aim to increase NYC CERT volunteer's readiness for future events and hazards to New York City.

Classes will revolve around topics such as Search and Rescue, Stop the Bleed, and Crowd Management. A Subway Simulator will be in use during the functional exercise, and a Disaster Simulation will be conducted as well.

Please dress appropriately for the weather, wear a complete CERT uniform with your valid CERT ID, and make sure to wear comfortable shoes.

[Register for NYC CERT's Randall's Island Exercise](#)

[Saturday, April 29 | 8:30am - 5:30pm](#)

FiveBoroBikeTour-Watch Command Support/NCO



NYCEM Watch command is requesting CERT volunteers to support the FiveBoroBikeTour this May 7th. CERT Volunteers will be expected to support with radio operations, tracking volunteers on the CERT board tracker, and assist with phone support within NYCEM's EOC.

[To register please click here.](#)

7th Annual SSG Michael Ollis 5k Run & 2-Mile Walk

The 7th Annual SSG Michael Ollis 5k Run & 2-Mile event will be taking place on June 11th between 7am-1pm. CERT has been requested to assist with pedestrian traffic management, event preparation along with various other roles.

[If interested, please register below.](#)



NYC CERT CALENDAR

Buddy Check

As we close out a long year of volunteering to support your community and head into a new year with new challenges, please take some time to support one another. The best way to do that is by performing buddy checks.

What is a buddy check?

Taking the time to check on family and friends, especially those unable to leave their home for any reason. You might be surprised by the impact you'll have on those who you connect with.

[Report your Volunteer Hours](#)

Search for *Buddy Check* Event



MENTOR PROGRAM

Are you interested in becoming a mentor to new NYC CERT members?

All Volunteer leadership should be encouraging active members to serve in a mentor role in order to support both their growth as leaders and provide new opportunities for newer members to become more engaged.

Complete the [NYC CERT Mentor Program form](#) to let us know if you'd like to be a mentor or mentee. Complete the [Matching Questionnaire](#) to help pair the mentor to a mentee. Both forms must be filled out to participate in the program.

TRAINING OPPORTUNITIES

Cultural Awareness Training

This April 24th at 6:30pm, a training will be held virtually with the goal of improving cultural competence and awareness in the workplace and on the job when interacting with the various communities we serve.

Through self-reflection, participants will challenge their biases and assumptions, learn vocabulary that is culturally appropriate, and develop innovative strategies for cross-cultural interactions, all of which can help reduce cultural misunderstandings and improve collaboration and trust.



[Register Here](#) | [Monday, April 24](#) | [6:30 PM](#)

[NYC CERT online platform](#) includes online courses to support volunteer growth.

Schedule free training for your Division here : [FDNY Smart Fire Safety](#).

[FEMA Region 2 \(R2\) Webinar Catalogue](#) includes all recorded webinars.

COVID-19 Community Conversations: Mental Health, Equity and Resilience
DOHMH is offering free virtual training to community groups. There are two options, a [1-hour informational virtual presentation](#) and a [3-hour interactive training](#) (available in English, Spanish, Cantonese, and Mandarin).

THINGS TO KNOW

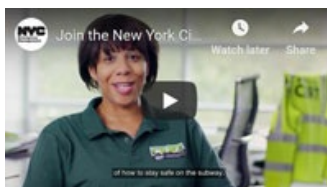
CERT Self-Deployment

We at NYCCEM appreciate NYC CERT volunteer's service and dedication to public safety and want to support members in any way possible. However, as your instructors, Division/Borough leadership, and NYCCEM staff have told all CERT members from day one of basic training: NYC CERT members/teams **NEVER** self-deploy.

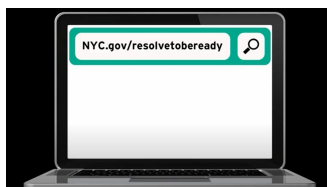
We encourage all CERT to listen to their Division leadership and ask any questions that may come to mind. We also want to encourage all members to review the NYC CERT Standard Operating Procedures, Section 5: Operations, Deployment protocol.

Find the NYC CERT Protocols here: [NYC CERT SOPs](#)

Schedule a meeting with NYCCEM staff: [NYC CERT Volunteer Support](#)



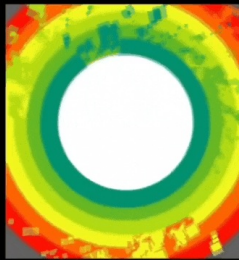
[NYCEM's YouTube page](#)
[NYC CERT recruitment video](#)
[2021 National Volunteer Week video](#)



[Resolve to Be Ready Calendar](#)
Regular reminders in simple steps that can help you work preparedness into your busy schedule.



Listen to the NEW episodes of NYCCEM's two podcasts, Prep Talk ([SoundCloud](#), [iTunes](#) & [Spreaker](#)) and ¡Prepárate! on [SoundCloud](#).



KNOW YOUR ZONE is your destination for everything you need to know about hurricanes in New York City.

You'll find information about the city's hurricane evacuation zones, the hazards you may face from a hurricane, and what to do to prepare.

NYC Emergency Management



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Schedule a meeting with NYC CERT Staff
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NYC Emergency Management | nyc.gov/emergencymanagement

[\(Click here to view as a webpage\)](#)



NYC Emergency Management Communications Network | 165 Cadman Plaza East, Brooklyn, NY 11201

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