

2016 Septic Review

Just like in many other states across our nation, here on Long Island, nitrogen intrusion into our environment has become a hot topic. Environmentalist, governments, concerned residents and the septic industry has joined together to develop practical and affordable solutions to remedy this threat.

As per the Long Island Nitrogen Action Plan (LINAP), Nassau county is conducting a major reconstruction and resiliency upgrade to its Bay Park Wastewater Treatment Plant (WWTP), which you know was severely damaged in Hurricane Sandy. As part of this effort to reduce the nitrogen output into the Western Bays the initiative is currently out to bid. The project which is scheduled to be completed by 2018 is projected to cost \$18 million.

Nassau County has proposed diverting effluent from Bay Park, currently discharged to Reynolds Channel, to the Cedar Creek WWTP ocean outfall through an unused New York City pipe beneath Sunrise Highway. According to LINAP, the engineering study for this proposal was approved by the county legislature and will commence in December 2016.



John Crandell and crew from A&A Sewer & Drain install Hydro-Action advanced septic system during Pilot Program

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PRESIDENT'S CORNER

Looking back, 2016 has been a very good year for the Long Island Liquid Waste Association financially, in membership growth and gratifying. Like many associations here on Long Island and across the country LILWA suffered financial and membership setbacks during this past recession. However, we seem to have turned things around through some difficult budget decisions by our Board of Directors over the past two years and national recognition by two leading nationwide septic magazines our numbers are now going in the right direction.

The reserves we were forced to turn to at times has been replenished and we can go on advocating for the septic industry and the public we



Andrew Andriola

serve. Our membership is on the rise and we are now back up above the national average for industry associations such as ours.

We completed our last certification session for 2016 in November without a hitch. You will find the new LILWA certification schedule for 2017 in this newsletter.

Also in this issue of the LILWA News you will find a spread on our 2016 Holiday Party at the Bellport Country Club, who by the way did their usual outstanding job of supplying us with an incredible dinner and entertainment. I would like to thank all those LILWA members who participated.

(Continued on page 2)

**LONG ISLAND LIQUID WASTE
ASSOCIATION, INC.**

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LILWA News is published by Act III Services. Contributions, including ideas, pictures and stories are welcome and should be forwarded to Act III Services, P.O. Box 2667, Lake Ronkonkoma, N.Y. 11779 Tel: (631)585-1324 / Fax: (631)585-0262

Contributing articles are not necessarily the opinion of the Long Island Liquid Waste Association or Act III Services.

PRESIDENT'S CORNER

(Continued from page 1)

We appear to be on track for another great year in 2017 and I would like to take this time to wish all our members and supporters a happy, healthy New Year.

Andrew Andriola
President



GEORGE SCHRAMM
Vice President
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43 Years of Public Service

The Long Island Liquid Waste Association is celebrating 43 years of advocating for the septic industry and the residents we serve, longer than many out there have been working in the field. Since 1974 we have worked with government, environmental groups and septic industry members in support of pragmatic improvements for all.

We have led the way from the days of a simple home improvement license when anyone (such as a carpenter, painter etc.) could service a cesspool to a separate septic license. We are proud of the fact that whenever there was a problem to be addressed at Bergen Point, it was LILWA who met with them to resolve it. Yes, when Bergen point instituted early closings, LILWA was able to resolve the issue.

In 2015 LILWA was honored by a 2 page spread in two national magazines the Pumper and the Onsite Installer recognizing the work we do. We are also very proud to be a part of the National Association of Wastewater Technicians (NAWT) their representative on Long Island.

The journey has been exciting, challenging at times, but nothing we cannot handle. The afore mentioned is just a sampling of our resume, which just keeps growing as the years go by.

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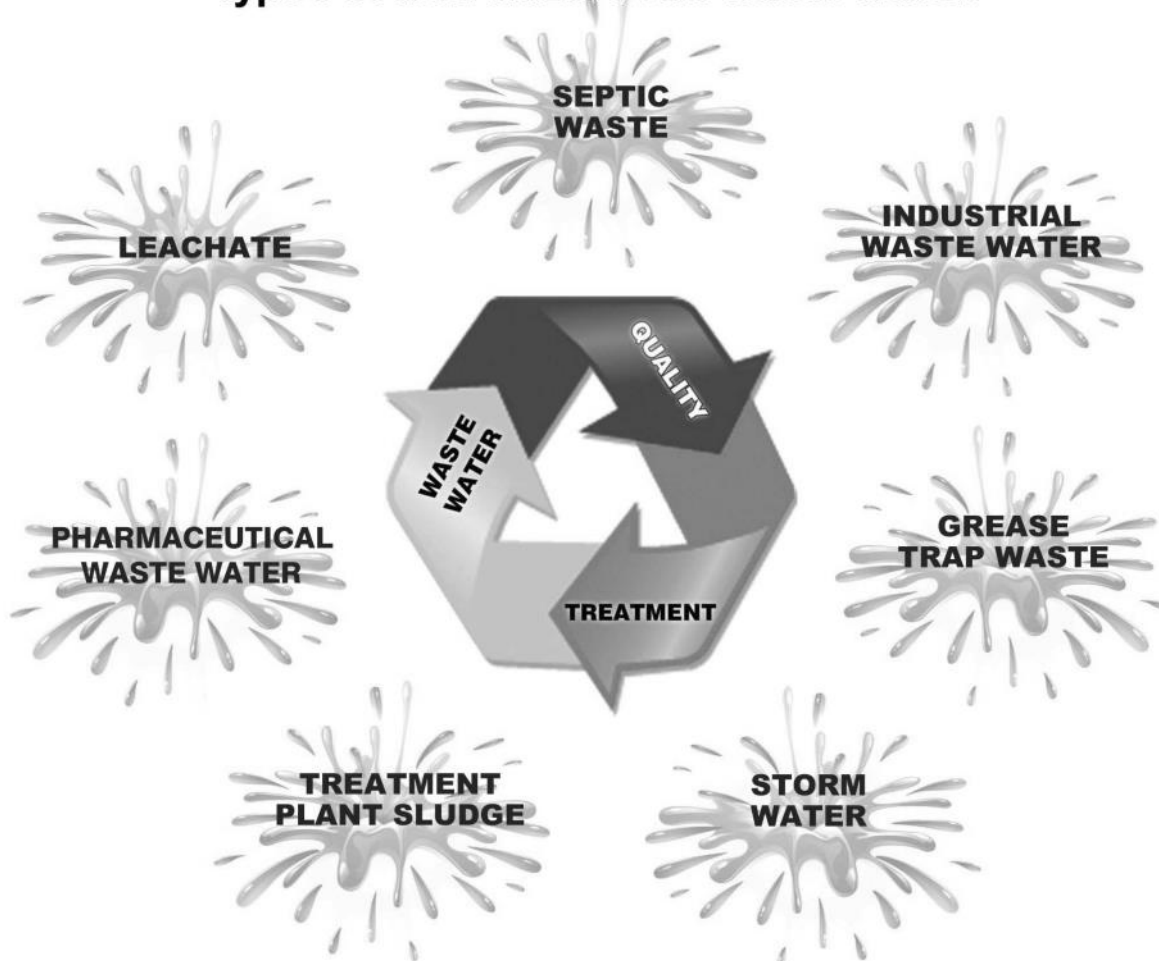
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UPDATE

Submit Nominations for the Excellence in Service Award

It is the time of the year to remind everyone to prepare nominations for the next National Association of Wastewater Technicians Excellence in Service Award. This is your opportunity to recognize someone that you have noticed goes beyond the ordinary. This is an opportunity to recognize our peers for all their hard work and service. The award is presented annually at the state association breakfast during the Water & Wastewater Equipment, Treatment & Transport show (WWETT) just before presentation of the Ralph Macchio Lifetime Achievement Award. The 2017 breakfast will be held on Friday, February 24, 2017 in Indianapolis.

The NAWT Board established the Excellence in Service Award in 2010 as an update to the former Man of the Year award. Establishment of this award reflected the changing industry and provides the opportunity to recognize any individual or company the NAWT board feels has exhibited exceptional service to the wastewater profession. The nomination criteria and instructions are provided below. Nominations should be submitted by November 1, 2016.

Basis for Award

To recognize a NAWT member or NAWT-sponsored individual or company that has shown exceptional accomplishments in their service to the community and to the wastewater profession.

Nomination Criteria

The Excellence in Service Award is based on one or more of the following criteria:

- A significant contribution to the wastewater profession and/or to NAWT
- Commendable service during a significant community or national event within the last several years
- Additional responsibilities that resulted in a benefit to the community or wastewater industry
- Actions performed above and beyond the call of duty
- Provided inspiration to others
- Exhibited exceptional leadership

Nomination Instructions

Who can nominate?

- NAWT members in good standing with personal knowledge of the accomplishments of the nominee.
- Liaisons from NAWT-affiliated organizations who have personal knowledge of the accomplishments of the nominee.
- Nonmembers may make recommendation through any NAWT member or liaison

Who can be nominated?

- Anyone who meets the nomination criteria
- Past non-winning nominees

When to submit nominations:

- All nomination forms must be received by or post-marked Nov. 1 of each year. Any applications received after the deadline will be placed on file for the next calendar year.
- All post-deadline nominators will be notified of this fact and given further instructions.

Documentation required:

- An Excellence in Service Award application form, which can be obtained by:
 - o Calling the NAWT office at 800-236-6298
 - o Emailing info@nawt.org
 - o Downloading from the NAWT website at www.nawt.org
- A nomination letter explaining why the nominee should be considered for the Excellence in Service Award based on the award criteria and signed by the nominating individual.
- An additional signed endorsement letter to vouch for the nominee's achievements may be included, but is not required.

Submit the application packet to the NAWT office marked ATTN: Excellence in Service Award Committee via:

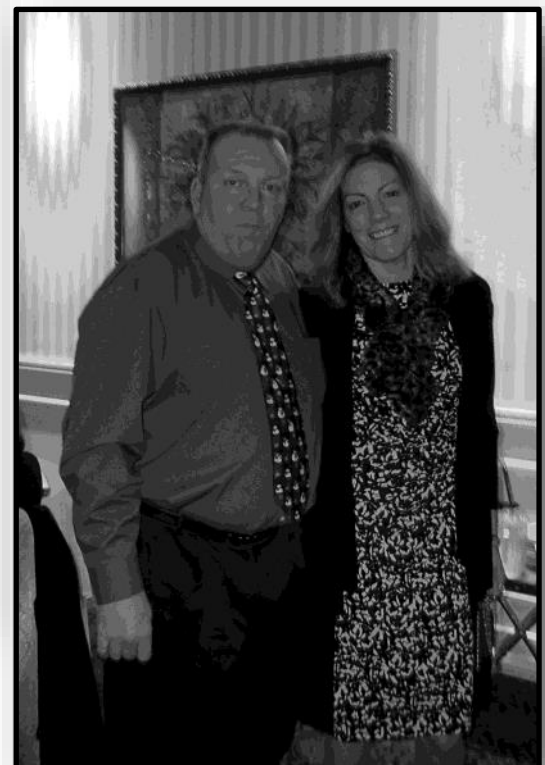
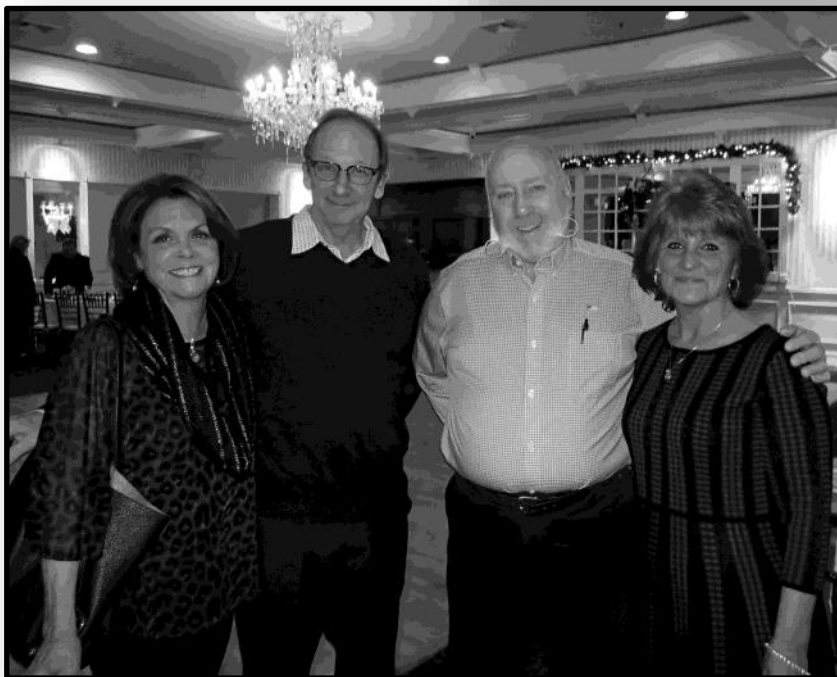
Email to info@nawt.org

U.S. mail addressed to NAWT, 2800 W. Higgins Rd; Suite 440, Hoffman Estates, IL 60169

Celebration 2016

This year LILWA members and their staffs chose to return to the Bellport Country Club to celebrate the Holiday Season.

We were again treated to an over the top cocktail hour followed by a sumptuous sit down dinner and dancing to the sounds of Absolute Entertainment.





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Our Receiving and Off-Loading Managers work closely with your dispatch and driver to ensure fast, reliable off-loading of approved waste streams. Our service division uses the same Transfer Station so we know how important fast reliable service can be.



What is Approved Waste?

Our customers work with us and the generator to complete a Generator Waste Profile (GWP) required by our permit before we can assign an approval code. Your Account Executive will help you to complete the form and gather sample data, which is used to show non-hazardous levels prior to scheduling off-loading.



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Sample Requirement

Each new generator waste type that comes from a specific waste structure requires a GWP. An approval code is needed for each waste type.

Popular Waste Types Accepted

- Brown Grease
- Septic Waste
- Contaminated Cesspool
- Storm Sewer/Catch Basin Solids
- Petroleum Contaminated Solids/Semi-Solids
- Waste in Drums
- Sludge – Sewer, Oil, Grease

Popular Methods of Delivery

- Jet-Vac
- Vacuum Truck
- Roll Off
- Drum

Other Services

- Storm Sewer Cleaning
- Drain Line Cleaning
- Commercial Septic/Cesspool Pumping
- Video Pipe Inspection (CCTV/Sonar)
- Brown/Yellow Grease Solutions
- Mobile Dewatering
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2016 Septic Review

(Continued from page 1)

Suffolk County issued a Comprehensive Water Resources Management Plan that lays out key elements of the Reclaim Our Water strategy (ROW). The ROW program is purposed to evaluate and reduce nitrogen loading from up to 360,000 onsite wastewater sources (cesspools and septic systems).

On April 11, 2016, the Long Island Liquid Waste Association (LILWA) held its first certification session for those complying with the new county requirements. There were eight sessions in all during 2016 certifying approximately half of all Suffolk septic license holders with the balance scheduled for 2017.

Suffolk County is also examining new technology through its NYSDEC-funded Septic/ Cesspool Upgrade Program Enterprise (SCUPE). Over the last year (Phase I), it monitored six Innovative/ Alternative Onsite Wastewater Treatment Systems (I/A OWTS) at 19 residential sites. This past fall the first approvals were granted for two I/A OWTS technology for provisional use countywide. Phase II of the I/A OWTS Pilot Demonstration Program was initiated this past spring.

Article 19 of the Suffolk County Sanitary Code was unanimously approved in July 2016 by the Suffolk County

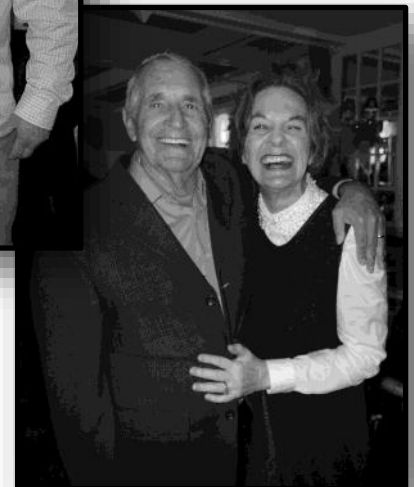
Board of Health and Legislature. It established the Suffolk County Department of Health Services (SCDHS) as a Responsible Management Entity to manage and oversee the new I/A OWTS. Related residential construction standards, which define the requirements for the design and construction of I/A OWTS, were adopted by the SCDHS in September 2016.

On the east end of Long Island East Hampton Town officials are gathering support for their own environmental efforts to battle nitrogen intrusion. They are contemplating extending the Community Preservation Fund's two percent real estate transfer tax to be used for water quality protection. This issue even got the support of east end resident actor Alec Baldwin.

This past fall and fourteen years after being out of compliance and passing a federal deadline to close all its remaining illegal cesspools in its state parks New York has agreed to do so by 2019. According to Judith Enck, the EPA regional administrator, "after years of being out of compliance with federal law, New York State will finally close the numerous cesspools found in state parks, helping protect groundwater from nitrogen and other pollutants".

The parks will either divert urine to sewage treatment facilities or install nitrogen- reducing technology. Six of these parks are on Long Island.

More Celebration 2016



Certification 2017

The following tables designate the endorsements and present Suffolk County approved training programs offered by the Long Island Liquid Waste Association and the Suffolk County Department of Health Services

The LILWA Certification program has been recommended by Suffolk County to fulfill the qualifications for **endorsements 1,2,3,4,5,6,7 and 9**. It is a 4credit hour open book test, designed to educate those applying for or renewing a Suffolk County Septic License. The course schedule is below and the fee is \$100 per person. Certification is scheduled for 4 times per year 2 sessions, morning and afternoon each date.

An application for the LILWA program and a free study guide can be down loaded at: www.lilwa.org. You will be supplied with a study guide at the session, however studying ahead of time will enable you to complete the session in a shorter period.

LILWA Endorsement Training

1	Septic Tank Pumping, Cleaning and Maintenance
2	Grease Trap/Grease Interceptor cleaning and Maintenance
3	Yellow Grease/Fryer Oil Collection
4	Temporary Restroom Facilities
5	Waste Line Cleaning and Inspection
6	Bulk Liquid Waste Transportation
7	Vactor (pump/vacuum) Services
9	Conventional Septic System Installation

LILWA Certification Schedule

Sessions	February 11, 2017	May 8, 2017	August 7, 2017	November 6, 2017
Morning	9 AM-12 Noon	9 AM-12 Noon	9 AM-12 Noon	9 AM-12 Noon
Afternoon	1 PM- 3 PM	1 PM- 3 PM	1 PM- 3 PM	1 PM- 3 PM

Suffolk County Endorsement Training

8	Conventional Septic System Maintenance Inspector
10	Innovative and Alternative Treatment System Installer
11	Innovative and Alternative Treatment System Provider

For applications and further information on Suffolk County's Endorsement Training visit:
www.suffolkcountyny.gov/departments/consumeraffairs or call 631-852-5808

Here's To Your Health



**Linda
Perlow**

I know I have discussed this subject before, however a recent health incident suffered by one of my oldest dearest friends has brought it to mind again.

They call it the silent killer because it doesn't usually reveal symptoms while it is causing damage, most people don't even know they have it. It's usually discovered when they go to the doctor for something else. I'm talking about

High Blood Pressure, fortunately it can be managed through medication and life style modification.

I know this because I have this condition. It's those numbers the nurse calls out after she checks your weight. My husband would have the right weight for his height and perfect blood pressure, my numbers would always bring on a lecture from the doctor. So I had to learn what they meant and how to lower them.

Blood pressure is a measure of how hard the blood pushes against the walls of your arteries as it moves through your body. Blood pressure readings consist of an upper number and a lower number (such as 120 over 90 or 120/90). High blood pressure is 140/90 or higher.

So why is this bad? Well, when blood pressure is high, it starts to damage the blood vessels, heart, and kidneys. It's normal for blood pressure to go up and down throughout the day, but if it stays up, you have High Blood Pressure. This can lead to heart attack, stroke, and other problems. Another name for High Blood Pressure is hypertension.

What causes High Blood Pressure you ask. Doctors can't point to the exact cause in most cases. But several things are known to raise blood pressure, including stress, overweight, drinking too much alcohol, genetics, excessive salt intake, and age. Other contributing factors could be diabetes, insufficient intake of potassium, calcium, and magnesium and or lack of physical activity.

The next obvious question is, how is it treated? Every case is unique to the individual dependent on their health and physical condition. You can help lower your blood pressure by making healthy changes in your lifestyle. If those lifestyle changes don't work, you may also need to

take pills. Either way, you will need to control your high blood pressure throughout your life.

Work with your doctor to find the right pill or combination of pills that will cause the fewest side effects, if any. In my case after being on a prescribed medication for three years I did have a bad interaction with another medication and adjustments were made to rectify the problem. I also made some lifestyle change and had to go shopping for a smaller sized wardrobe which made me very happy and my numbers are now perfect too.

LILWA WELCOMES NEW MEMBER

Corey Cronin
Lighthouse Mechanical Services, Inc.

Your support is greatly appreciated

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