

## Bergen Point Cuts Hours

Suffolk residents could be facing delays in septic system serve and the industry haulers could be facing job layoffs due to a proposed cut in operating hours at the Bergen Point Scavenger Waste Facility. Without any prior warning or explanation, haulers were notified, along with their permit renewals, that as of May 11, 2015, the hours of operation at the Bergen Point Scavenger Waste Facility will be Monday-Saturday 7:15 AM to 2:45 PM ( including holidays). On Sunday the facility will be closed except for emergency use.

Seventy percent of Suffolk County residents are dependent on the scavenger waste facility and the haulers that use it. Trucks operating less hours could also result in loss of jobs for septic workers who are themselves residents. Schools, hospitals, apartments and public facilities could also suffer from this decision.



It is possible that this was a budget decision and could have been rectified by an increase in dump fees or finding the short fall else were, we do not know at this point. According to Joe Garbarino of L&J Sewer & Drain Co. This could definitely limit the hours of his operation and ability to adequately service customers.

### PRESIDENT'S CORNER

Let me introduce myself to those LILWA members I have yet to meet. As LILWA's newly elected President I am grateful to the Board of Directors for the confidence they have bestowed upon me. I will do my best to live up to their expectations and a long time tradition of past presidents. I also would like to congratulate the other newly elected members of the LILWA Executive Board of Directors and thank them for their time and service.

Tradition is in my family for I grew up in this industry of ours. My grandfather was the first when he purchased Tony's Cesspool Service, followed by a name change and my father and now I am at the helm of Andriola



**Andrew Andriola**

Cesspool Service. This industry has been very good to my family and I cherish this opportunity to serve and give back.

I hope many of you feel the same and become actively involved in your support for LILWA. This coming year we will be looking for some fresh new ideas to join our committees and Board of Directors. Recently LILWA received national recognition in the Pumper and Onsite Installer magazines when LILWA Executive Director, Linda Perlow, was interviewed by contributing writer Doug Day. I would like to compliment my predecessor President Joe

*(Continued on page 2)*

**LONG ISLAND LIQUID WASTE  
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*Contributing articles are not necessarily the opinion of LILWA or Act III Services*

**PRESIDENT'S CORNER**

*(Continued from page 1)*

Garbarino and Linda for their 6 month effort to make this nation wide exposure a reality.

Next month on Wednesday May 13 we will hold our Annual East End Meeting at the Plaza Café in Southampton. Thanks to Skip Norsic and his staff at Emil Norsic & Son, Inc for putting together another great dinner meeting out east. Look inside this edition of the LILWA News for details.

We, at LILWA, have always been very much in tuned with the environmental and social needs of the communities we serve. This year in an effort to give back and support these communities we are sponsoring a food drive in partnership with Island Harvest to help those in need. I am hoping all our members, families and friends will generously participate in this event. Flyers will be going out to all member companies and the details are also in this newsletter.

In closing, to accommodate some of our busy Board of Directors, the LILWA Board of Director meetings will now be held on the second Wednesday of each month. There will be a reminder in your monthly minute mailings.

*Andrew Andriola*

President



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## LILWA Annual East End Meeting 2015

The next LILWA Board of Directors meeting, which is open to all members, will be held at The Plaza Café in Southampton on May 13th at 7:00 PM. Thanks to the efforts of Skip Norsic and his group from Emil Norsic and Son, Inc, the well attended evening is always a great success.

The Plaza Café, well known for their sumptuous ambience always seems to surprise our members with a princely feast, which keeps us anticipating this meeting all year long. There will be a buffet dinner at \$25 per person served at 7:00 PM or just come for the meeting at 8 PM. As usual there will be a cash bar.

If you are already a member or interested in joining and or learning more about LILWA join us at The Plaza on May 13<sup>th</sup>. For instructions on location or to reserve a spot at the meeting give the LILWA office a call at 585-0448.



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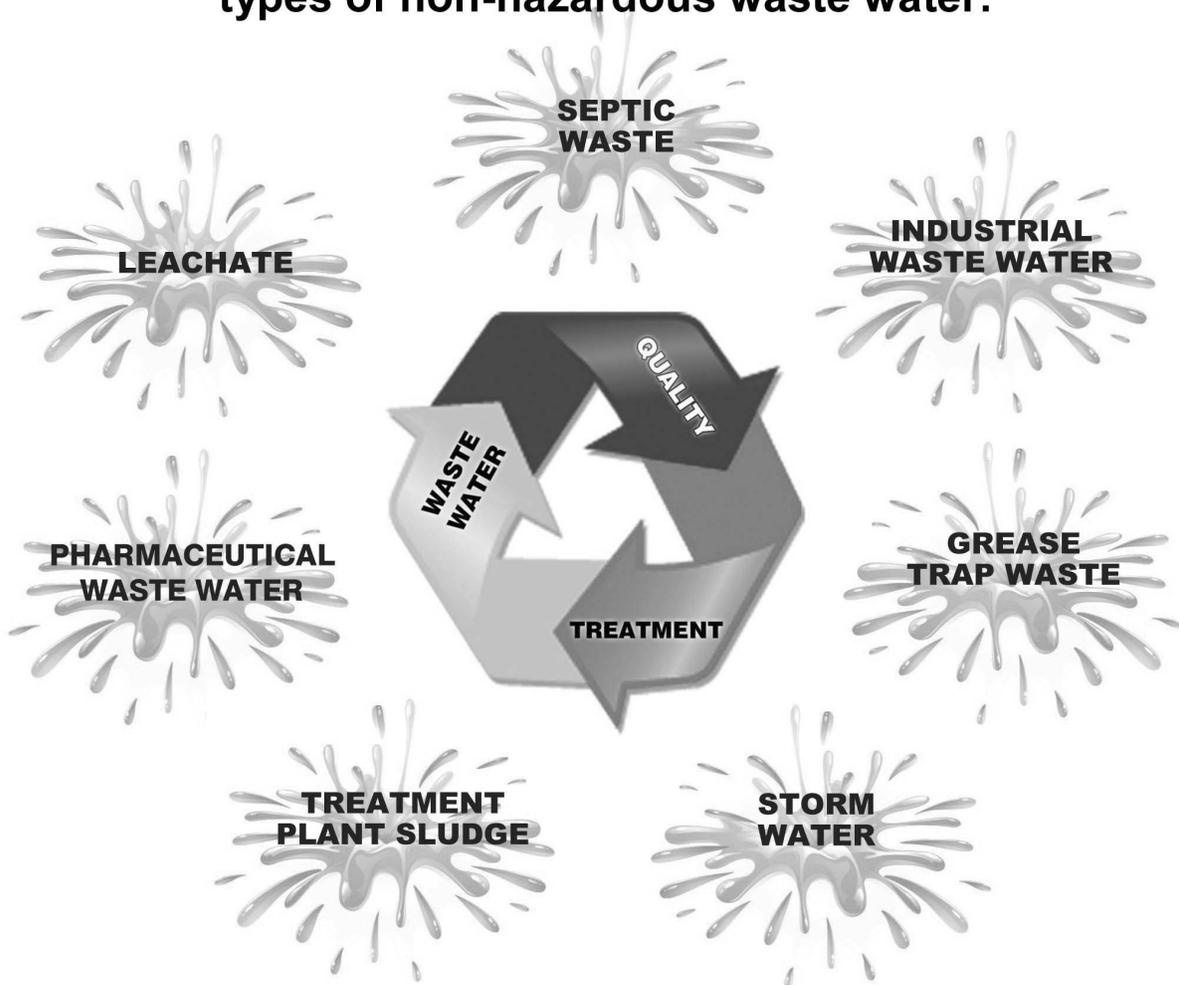
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# Special Certification

Traditionally LILWA's Annual Certification Night is held in November, but from time to time we accommodate special circumstances. This past March 11<sup>th</sup>, at the offices of WASTE, Inc in Medford was the site of one of those special certification events.

Dick Crescenzo, along with his WASTE Inc staff, were joined by Joe Garbarino of L&J Cesspool, Tom Johnson of Tom Johnson Backhoe and new LILWA member Brian Leshinger of Maximum Environment Management to certify.

For what ever reason they were not able to attend Certification Night last November and requested a special day. So we packed up our certification books, tests, coffee and donuts and headed to the WASTE offices.



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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.



## 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)
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## LILWA Gives Back

As members of the Septic Industry who derive a comfortable living servicing the residents of Long Island, we are aware of the need to give back to those less fortunate. Too often there are Long Island families facing hard times and struggling with hunger.

For these reasons the Long Island Liquid Waste Association in partnership with Island Harvest is sponsoring a food drive. Island Harvest is a non-profit organization that provides food to local shelters, food pantries and has an emphasis on our Veterans, Children & Elderly.

We will be collecting all non-perishable food items (canned goods well sealed items etc.) May 1st to June 1st. For

your convenience there will be two drop off locations: Mangano Sewer & Drain, Inc. at 467 Brook Avenue, Deer Park NY (631) 586-1200 and L&J Cesspool Sewer & Drain Co., 1350 Unit #6 Lincoln Ave Holbrook, NY (631) 589-3900.



Each participating company will receive the Island Harvest Logo to be put on their website and LILWA will award the most charitable company with a \$100 Amex gift card. If you have any questions please call the

LILWA office at (631) 585-0448.

Lets open up our hearts and give back to the communities that give so much to us every day.

## LILWA ELECTS OFFICERS for 2015

The Long Island Liquid Waste Association's annual election of officers was held this past January 13th. The complete results were as follows:

Andrew Andriola.....	President
Michael Barry.....	Vice President
Jonathan Mangano.....	Treasurer
Dick Crescenzo.....	Secretary

We extend our congratulations to the newly elected officers and are greatly appreciative of the hard work, time and effort they contribute to the improvement and growth of this industry we work in.



*(l to r) Jonathan Mangano, Andrew Andriola, Dick Crescenzo, Michael Barry*

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## UPDATE

### EPA MOU is raising awareness about decentralized wastewater benefits, improving training opportunities

By Dhru Bhatt

In November 2011 the U.S. Environmental Protection Agency renewed a partnership through a Memorandum of Understanding with 16 public and private sector organizations in order to improve nationwide decentralized wastewater management. In November 2014, the partnership continued to grow with the addition of the International Association of Plumbing and Mechanical Officials, National Rural Water Association and the National Association of Home Builders. Since its creation in 2005, the partnership has generated many successes marked by better cooperation, collaboration, consultation and communication among the various organizations.

Last fall, the National Association of Wastewater Technicians and 20 other public and private sector organizations and governmental agencies were represented at the EPA MOU renewal signing in Washington, D.C. Jeff Rachlin, NAWT president, NAWT Secretary Tom Ferrero and Bruce Fox attended the signing. Their presence represented the interest of wastewater technicians on Capitol Hill. NAWT has done a tremendous amount of work to educate both industry professionals and the public on matters related to wastewater, septic systems and their safety.

Some highlights of the efforts put forth by the MOU:

#### MOU Partnership papers

In 2012, the EPA Decentralized MOU Partnership developed four short papers for state, local and tribal government officials (which can be found at <http://water.epa.gov/infrastructure/septic/Decentralized-MOUPartnership-Products.cfm>) as well as interested stakeholders, which include information on the uses and benefits of decentralized wastewater treatment and examples of where it has played an effective role in a community's wastewater treatment infrastructure. These papers include an introductory paper as well as three papers detailing the economic, environmental and public health aspects related to decentralized wastewater treatment.

#### Increased training and workshops

Attendance at training and workshops for installers and pumpers has increased noticeably over the past three years and feedback has been extremely positive. The partners have continued to collaborate on training efforts by relying on the combined strengths of each organization. Between 2012 and 2014, NAWT conducted training workshops in the areas of vacuum truck technician, installer and inspector/maintenance for 2,000 industry professionals.

Other EPA MOU highlights include: Installer Curriculum, Model Performance Code, MOU A Partnership Ally, @MOU Exhibit Booth, SepticSmart, SepticSmart Week, Webcast Services and Technology.

#### MOU Partners

The private sector organizations and governmental agencies represented at the EPA MOU signing and not mentioned earlier are the Agency of Toxic Substances and Disease Registry, Association of Clean Water Administrators,

(Continued on page 10)



*Jeff Rachlin, NAWT president (front row, fourth from right), took part in the renewal ceremonies for the U.S. Environmental Protection Agency decentralized wastewater partnership with many organizations.*



## Here's To Your Health



**Linda  
Perlow**

Type 2 diabetes is a chronic disease in which people have problems regulating their blood sugar. I have spoke about this subject before, however, I feel it is so prevalent and often preventable or at least controllable it deserves another visit.

People with diabetes have high blood sugar because their bodies either do not produce enough insulin or are not responsive to insulin or a combination of both.

### Complications can include:

- \$ Amputation
- \$ Constricted blood vessels
- \$ Bone and joint problems
- \$ Nerve damage
- \$ Alzheimer's

Type 2 diabetes is extremely common. The Centers for Disease Control and Prevention (CDC) estimates that over 29 million children and adults in the United States have some form of diabetes. That is about 9 percent of the population. The vast majority of these people have type 2 diabetes.

### *How Type 2 Diabetes Affects Blood Sugar*

When you eat food, the body digests the carbohydrates into a type of sugar called glucose. Glucose is the main source of energy for cells. Cells rely on the hormone insulin to absorb and use glucose as a form of energy. Insulin is produced by the pancreas.

People usually develop type 2 diabetes because their cells have become resistant to insulin. Then, over time, their body may stop making sufficient insulin as well. These problems lead to blood sugar, or glucose, building up in the blood

### *Types of Diabetes*

There are several different types of diabetes:

#### *Type 1 Diabetes*

Type 1 diabetes used to be known as juvenile onset diabe-

tes because it is usually first diagnosed in childhood, though it can be diagnosed later in life as well.. People with type 1 diabetes cannot make insulin and are insulin dependent. They must use insulin injections to control their blood sugar.

According to the CDC, only about five percent of people with diabetes have type 1 diabetes (CDC). There is no known way to prevent type 1 diabetes.

#### *Type 2 Diabetes*

Type 2 diabetes is the most common type of diabetes, and was once known as adult onset diabetes. However, in recent years, the rate of type 2 diagnoses in children has been growing.

Type 2 diabetes usually starts as insulin resistance. Cells stop responding properly to insulin and sugar is unable to get from the blood into the cells. Over time, the pancreas cannot make enough insulin to keep blood sugars in the normal range and the body becomes progressively less able to regulate blood sugar.

Many people with diabetes can manage their blood sugar with diet and exercise, especially if they lose weight (if they are overweight). If not, medications to help control blood sugar are available.

Unlike type 1 diabetes, type 2 diabetes is often preventable. Risk factors for type 2 diabetes include:

- Obesity
- Sedentary lifestyle
- High blood pressure
- High blood triglyceride (fat) levels
- High fat diet
- High alcohol intake
- Older age
- Family history of diabetes
- History of gestational diabetes
- Race or ethnicity

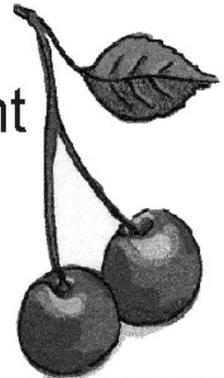
It's worth repeating. You can greatly reduce your risk of type 2 diabetes by keeping your weight in its ideal range and exercising regularly. If you have been diagnosed with pre-diabetes, talk to your doctor about how to lower your risk for progressing to type 2 diabetes.

We all like to eat, drink and who likes to exercise, but in the long run this all effects the quality of our lives.



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