

by Scott Obel

### 2022

#### **CERT Meetings**

November 12, 2022  
December 10, 2022

### 2023

#### **CERT Meetings**

January 14, 2023  
February 11, 2023  
March 11, 2023  
April 8, 2023  
May 13, 2023  
June 10, 2023  
July 8, 2023  
August 12, 2023  
September 9, 2023  
October 14, 2023  
November 11, 2023  
December 9, 2023

*CERT meets the second Saturday of the month at the clubhouse in either the Bay Room or the Boardroom.*

# First Aid Classes Being Planned

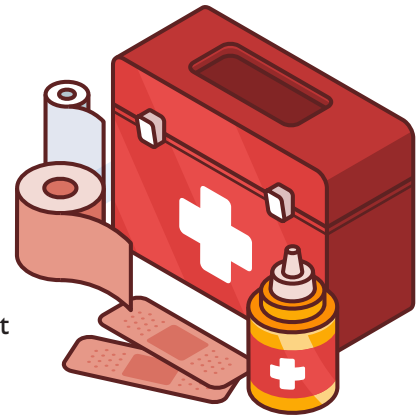
CERT (Community Emergency Response Team) is a group of resident volunteers organized to assist other residents in the event of an emergency.

CERT group members met on Saturday the 8th and discussed their current objectives that are centered around rebuilding the core of block captains. Members present reviewed and discussed a current listing of 73 members and were then provided lists for more in depth review so that a confirmed, accurate listing is available. The group has recruited new members since the June meeting.

A digital map was generated from the city's resources and will be used to indicate block captains and the areas they cover.

All known CERT members with email addresses were contacted last week from [lido.cert.nb@gmail.com](mailto:lido.cert.nb@gmail.com) with reminders of the Saturday meeting. If you are a CERT member or want to become one, please email [lido.cert.nb@gmail.com](mailto:lido.cert.nb@gmail.com) to let the group know.

Beyond block captains, CERT is working to provide residents with instruction on First Aid, gas meter safety and more. With the holidays approaching, the goal is to have a first aid class available to interested residents. Times and days are being considered for the meetings and CERT welcomes input as it recognizes that Saturday's may not be convenient for families with children. Weeknights are also possible. If you have an interest please email [lido.cert.nb@gmail.com](mailto:lido.cert.nb@gmail.com) to express your interest and to indicate the best days and times.



# A Beginner's Guide to STORING FOOD for an EMERGENCY



Have you assembled your Disaster Kit yet? Does it include at least 3 days of food for everyone in your household? Should you just fill your freezer and cook meals when you need them? NO...following a disaster, there may be power outages lasting for several days. Here is important information on selecting, storing, using, and preparing emergency food.

## Choose foods that:

- have a long storage life
- require little or no cooking, water, or refrigeration, in case utilities are disrupted
- meet the needs of babies or other family members who are on special diets
- meet pets' needs
- are not very salty or spicy, as these foods increase the need for drinking water, which may be in short supply.

## How to Store Emergency Food

- A disaster can easily disrupt the food supply at any time, so plan to have at least a 3-day supply of food on hand.
- When storing food, it is not necessary to buy dehydrated or other types of emergency food. Canned foods and dry mixes will remain fresh for about 2 years.
- Certain storage conditions can enhance the shelf life of canned or dried foods. The ideal location is a cool, dry, dark place. The best temperature is 40 to 60°F. Keep foods away from ranges or refrigerator exhausts. Heat causes many foods to spoil more quickly.
- Keep food away from petroleum products, such as gasoline, oil, paints, and solvents. Some food products absorb their smell.
- Protect food from rodents and insects. Items stored in boxes or in paper cartons will keep longer if they are heavily wrapped or stored in airtight containers.
- Date all food items. Use and replace food before it loses freshness.

## How to Use Emergency Food

- Use perishable food in your refrigerator or freezer before using food in your emergency supplies.
- Discard cooked, unrefrigerated foods after 2 hours at room temperature, regardless of appearance.
- Eat only foods that have a normal color, texture, and odor.
- Discard cans that bulge at the ends or that are leaking.

## Preparing Food

Preparing food after an earthquake may be complicated by damage to your home and loss of electricity, gas, and water.

The following items will help you to prepare meals safely:

- Cooking utensils
- Knives, forks, and spoons
- Paper plates, cups, and towels
- A manual can- and bottle-opener
- Heavy-duty aluminum foil
- Gas or charcoal grill or camp stove and the proper fuel. (CAUTION: Never burn charcoal indoors. The fumes are deadly when concentrated indoors.)
- Do not use your fireplace for cooking until the chimney has been inspected for cracks and damage. Sparks may escape into your attic through an undetected crack and start a fire.



If you are interested in joining Lido's Emergency Response Team, come to our monthly meetings held the second Saturday of each month. For more information, please email [lido.cert.nb@gmail.com](mailto:lido.cert.nb@gmail.com).