



BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE

CERT



NASSAU COUNTY



MONTHLY NEWSLETTER

February 2024

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Canned Food Month

February 2024

HISTORY OF CANNED FOOD MONTH

In the dark cold of February, when few fruits and vegetables grow, we’re so grateful for Canned Food Month. Before canning, the four main ways of food preservation were salting, drying, sugaring, and smoking – but Napoleon wanted to develop a better way. In response to a contest laid out by the French government in 1809, French inventor Nicholas Appert developed the first process that involved hermetically sealing and heat-sterilizing food storage containers. Rudimentary canning was born.

Appert wrote a book on his invention that inspired many and set the canning ball rolling. Soon thereafter, an English businessman adopted the invention idea and began to create a business based on tin-canned foods (as opposed to the glass cans that Appert used). The businessman was named Peter Durand, and in 1810 he patented the use of tin cans. By 1820, his crafty food-storage creation fed the Royal Navy in massive proportions.

Canneries began to experiment with specific different materials and methods for packaging their food. The cans were originally composed of tin-plated iron, but over time they were shifted to be steel with tinplate, and eventually aluminum. Aluminum is lighter and does not rust, and it’s commonly used today to package sodas and other beverages.

The 19th century saw a canning boom. Companies like Campbell Soup, Heinz, and Borden were selling off cans of food at lightning speed after the end of the economic depression in 1873.

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COUNTY, STATE
&
FEDERAL
ONE TEAM

In 1903, Alexander Kerr invented the wide-mouth canning jar, for which he would later patent the famous lid – a metal disc and gasket held in place with a ring. Another name in the 19th-century canning industry was the Ball brothers, led by William Charles Ball. The brothers brought up many smaller canneries and led the industry after duplicating Kerr’s invention.

Today, canned foods are still incredibly popular and the technology that surrounds them is still being developed. Commercially canned goods are used by nearly all populations, and by all types of people – from private citizens to militaries to food banks. They’re a beloved (and cheap) dietary staple for many of us, and deserve all the hype they’ll receive this month!

HOW TO CELEBRATE CANNED FOOD MONTH

Donate!

Clean out those cabinets! It’s true canned foods last for quite a while, but if you haven’t eaten those beans in this long and they’re still good, it’s likely a family in need would make much better use of them. Drop off a box of canned goods at a local food bank or shelter, and enjoy the pantry space.

Hold a canned cook-off

Think of this as your Top Chef moment: how can you turn canned carrots, beans, and pineapple into a gourmet meal? With over 1500 types of canned foods, you’re sure to make a hit dinner.

Create your own can

Want to stretch the monthly budget a little further? Don’t think you’re going to eat that vat of chili in one sitting? Save time and money by trying out your own canning process, and reap the rewards in the months to come.

Tips for Storing & Using Canned Foods:

Tips to remember when purchasing canned goods. Avoid rusted, dented, scratched, or bulging cans. Always check freshness dates on foods. Below are different types of “dates” you may see on canned items. Sell by: tells the store how long to display the product for sale. You should buy the product before the date expires to have enough time to use it at best quality. Best if used by: is recommended for best flavor or quality. It’s not a purchase or safety date. Use by: is the last date recommended for the use of the product while at peak quality and has been determined by the manufacturer. Closed or coded: are packing numbers for use by the manufacturer to rotate the stock as well as to locate products in the event of a recall.

Compare food labels to help make healthier choices. Read the Nutrition Facts Label on products to find food with the most nutrition for your money. Using the Nutrition Facts Label helps you compare fat, calories, fiber, sodium and sugar found in different products. They also provide information on the serving size and how many servings are in an item. Look for lower sodium or no salt added versions of canned foods.

Pay attention to storage location and temperature for optimal quality. Store canned food in clean, cool, dark, and dry spaces. Don’t put them above the stove, under the sink, in a damp garage or basement, or any place exposed to high or low temperature extremes. The optimal temperature range is 50-70° Fahrenheit (F). Temperatures over 100° F may cause canned food to deteriorate and lose quality.

Freezing temperatures may cause changes in food textures, and lead to rust, bursting cans, and broken seals that may let in harmful bacteria.

Use the first in, first out rule. To prevent foods from spoiling use the first in, first out rule as your rotation system. Using this rotation method will help you use older canned and dried food items before using recently purchased products. Write the date of purchase on food items to help maintain a rotation. Check canned items regularly for signs of spoilage. Do not use food from cracked, bulging or leaking cans, or those that spurt liquid when opened; discard cans immediately.

Fortify meals with fruits and vegetables.. Canned fruits and vegetables are always in season and packed at the peak of freshness. Keep canned tomatoes, beans, fruits and vegetables on hand to quickly create meals or boost the nutrition of recipes. Try adding canned black beans, chick peas, Mandarin oranges, beets or other colorful fruits and vegetables to your next salad. Canned soup, broth, pasta and chili can serve up meals with vegetables, grains and protein.

Check out these resources. Food safety tips and time saving recipe and meal ideas at:
<http://food.unl.edu/february-food-calendar#cannedfood>.





Radio Amateur Civil Emergency Services (RACES)



Our monthly general membership meeting was held on Thursday January 4th. We welcomed all the new members to our team. Due to the Nassau County All County Meeting our 2023 year end report and a look forward on 2024 was conducted at this meeting. There were many accomplishments in 2023. Since we set some very lofty goals some were only moderately accomplished. In 2024 the website and our outreach to the community will be our primary goal for this year. We will not be able to accomplish these without your assistance. Anyone who is willing to assist us or are curious to what we have planned are more than welcome to attend the next meeting to find out more information.

At the January meeting we recognized several individuals for their outstanding commitment to RACES, CERT Communications Group and the Amateur Radio Community. This year we honor Robin Brandvein KC2SYM, Gladis Stuart KC2YFT and Arnold Hollander KD2CTI for their many hours of work conducting the weekly ARES / RACES Monday night nets. Rich Dierlam KAE5537 received the attendance award for attending every meeting in 2023. We thank each of you again for your dedication to Nassau County RACES organization.

Next month we will be having the long awaited tabletop exercise. This will be the culmination of the 2023 ICS forms training. In this training, you will be given an event scenario and asked to fill out the appropriate forms. Each group will then be asked to give an overview of what forms they believed were necessary and the information they included. This is a learning experience that we all need, even the instructors.

Our focus for 2024 training will be a skills review. Since we are all CERT members the skills we have learned will be reviewed. During portions of the training you will be able to perform the particular skill we are reviewing. Listening to a presentation and actually doing are two very different experiences. We believe, practicing a skill is key to learning. As always, we look forward to seeing everyone and hoping you enjoy the experience.

This year Ham Radio University was held, in-person, at LIU Post for the first time since the pandemic. RACES and CERT were invited to set up a display table in the Club Room. It was great to be able to interact with other Amateur Radio Operators. We spoke with individuals from all over New York State. Even though participation for the event was lower than expected it was still a very good day.

One of our members is moving to the beautiful state of Hawaii. Arnold Hollander has been an active member of both ARES and RACES. He has been a net controller for the Monday night net for many years. We wish Arnold and Barbara many years of health and happiness as they embark on this new exciting chapter in their life . They will be missed.

Interested or just curious about Emergency Communications? We invite you to attend our next RACES / CERT Communications meeting on Thursday February 1st at 7:30pm in the lecture hall, 510 Grumman Road West, Bethpage NY. Hope to see you there.

73

RACES Leadership

Website: www.nassauraces.net

Email: nassaucountyny.races@gmail.com



If you SEE Something SAY Something

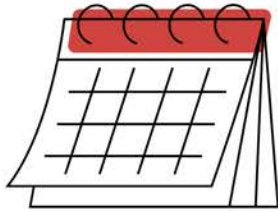
Winter Preparedness Checklist

 Home Winter Preparedness Checklist 					
<input type="checkbox"/>	 Select Foods See Additional Checklist	<input type="checkbox"/>	 Warm Clothing Hats, Mittens, Parkas, Boots	<input type="checkbox"/>	 Flashlights & Extra Batteries
<input type="checkbox"/>	 Disposable Dishware Plates, Bowls, Utensils	<input type="checkbox"/>	 Extra Blankets	<input type="checkbox"/>	 First Aid Kit
<input type="checkbox"/>	 Specialty Items Meds, Infant Formula, etc.	<input type="checkbox"/>	 Matches For Candles & Gas Fireplaces	<input type="checkbox"/>	 Cell Phone Fully Charged
<input type="checkbox"/>	 Portable Radio AM/FM/Wx Radio & Batteries	<input type="checkbox"/>	 Shovel/Snow Blower Check condition & maintain	<input type="checkbox"/>	 Firewood For Wood Fireplaces

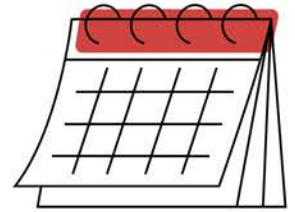
 Car Winterization Checklist 			
<input type="checkbox"/>	 Check Engine Fluid Levels Oil, Coolant, Washer Fluid, etc.	<input type="checkbox"/>	 Inspect Tire Tread Replace if Near Wear Limit
<input type="checkbox"/>	 Test Battery Replace if Necessary	<input type="checkbox"/>	 Install Snow Tires if You Own a Set
<input type="checkbox"/>	 Use Deicing Washer Fluid Clean Windshield at Low Temps	<input type="checkbox"/>	 Test Headlights & Taillights
<input type="checkbox"/>	 Switch to Synthetic Oil Handles the Cold Better	<input type="checkbox"/>	 Add & Inspect Winter Survival Kit

 Home Winter Survival Food Checklist 			
<input type="checkbox"/>	 Canned Fruits and Vegetables Requires a Manual Can Opener	<input type="checkbox"/>	 Bread and Condiments Keep Bread Frozen to Last Longer
<input type="checkbox"/>	 Crackers, Nuts, Fruit Bars, Chips High Energy Foods	<input type="checkbox"/>	 Cereal and Toaster Pastries
<input type="checkbox"/>	 Soups Some Soups Require Water or Heating	<input type="checkbox"/>	 Meals Ready to Eat (MREs)
<input type="checkbox"/>	 Cookies and Hard Candy	<input type="checkbox"/>	 Bottled Water 1 gallon per person, per day (for at least 3 days)

 Car Winter Survival Kit Checklist 					
<input type="checkbox"/>	 Flashlight & Extra Batteries	<input type="checkbox"/>	 Blankets/Sleeping Bag	<input type="checkbox"/>	 Extra Clothing Hats, Mittens, Parkas, Boots
<input type="checkbox"/>	 First Aid Kit	<input type="checkbox"/>	 Non-Perishable Food Granola Bars, Dried nuts, etc.	<input type="checkbox"/>	 Sand/Kitty Litter Used for Traction
<input type="checkbox"/>	 Snow Shovel	<input type="checkbox"/>	 Bottled Water	<input type="checkbox"/>	 Cell Phone & Charger
<input type="checkbox"/>	 Ice Scraper with Brush	<input type="checkbox"/>	 Booster Cables	<input type="checkbox"/>	 Flares/Triangles & other Bright Objects



Planned Events & Trainings



FEMA offers a large variety of online courses that are free of charge and will help to further your preparedness education. If you do not have a FEMA ID, you can register for one here.

[:https://cdp.dhs.gov/femasid](https://cdp.dhs.gov/femasid)



**Emergency Management Institute -
Independent Study (IS) | Course List**

FEMA Emergency Management Institute (EMI)
Independent Study Course List

 fema.gov



Please send in any photos you have taken of news worthy items or from any CERT events that you have attended and I will select some to be used in the newsletter. Send images to:
rdelucia@nassaucountyny.gov

Calendar of Events

February

S	M	T	W	T	F	S
				1 RACES Meeting 7:30pm	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

March

S	M	T	W	T	F	S
					1	2
3	4	5 DIV 2	6 DIV 1	7 RACES Meeting 7:30pm	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
						31



CERT Division Meetings



RACES Meetings

Important Dates

RACES Meeting - Thursday March 7th @ 7:30pm - OEM Lecture Hall

CERT Division 1 Meetings - No February Meeting Scheduled - OEM Lecture Hall

Wednesday – March 6, 2024

Wednesday – June 5, 2024

Wednesday – September 4, 2024

Wednesday – December 4, 2024

**CERT Division 2 Meetings - Tuesday March 5th @ 7:00pm - Rockville Centre
Recreation Center**



NASSAU COUNTY CERT COORDINATORS

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