It’s only February - we still have months of winter weather to contend with - Are you as ready as you should be for what winter’s wallop? 

Here’s a check list to see if you ‘measure up’!

- Water - Have at least a gallon of water per person per day for at least 3 days. An average person drinks about 3/4 a gallon of fluid daily. If possible, store longer than a 3-day supply as you might also need water for food preparation, washing or toilet use.

- Food - Store at least 3-day supply of non-perishable food for each member of your household, including pets. And don’t forget the can opener!

- Medication - Do keep at least a week’s supply of necessary prescriptions as well as a first aid kit and those over-the-counter medications that might be needed.

- Sanitation - Pack supplies such as hand sanitizers, towelettes, paper products, diapers, and plastic bags; remember water might not be available.

- Assisted Technology - Include battery back-up power for power-dependent devices, oxygen, and other assistive technology needs.

- Have available - extra blankets, clothing, sleeping bags in the event that you lose power. Dress in layers to keep warm. And remember, if it’s cold inside, bring out the hats, mittens, and scarfs and wear them inside too! Keep your head warm!

- Outside the house - have the items necessary to keep your home as ‘safe’ as possible for walking outside. Make sure you have snow shovels within easy reach. Also, have rock salt to melt the ice on the walkways and kitty litter or sand will improve traction if your car is stuck.

- Wood - If you have a working fireplace or wood-burning stove, make sure you have a supply of dry, seasoned wood available for warmth.

   It is important to have the necessities for your individual family. Look at what your family uses on a daily basis (infant formula, pet food, diapers, glasses, medical equipment, etc) and make sure you have them in your assembled emergency supplies.

For more information or helpful tips, go to www.ready.gov/prepare
Farewell to a good friend -

On Thursday, January 22, 2015, Captain Rocco L. LaRocca passed away. For those who had been connected for a while to CERT and Border Community SERVICE, Rocco’s name is very familiar. A great friend of Niagara University and Border Community SERVICE, this former navy captain and local dentist made our world a little bit brighter for the 98 years he was among us. He passed away surrounded by his family and friends while under Niagara Hospice palliative care. Mr. LaRocca is survived by his daughter, Barbara Ann Walker and three grandchildren, five greatgrandchildren and one great-great grandchild.

Memorial services will be conducted by Rev. Joseph L. Levesque, C.M. on Saturday, March 28, 2015 at 1:00 pm at our Lady of Angels Chapel in Alumni Hall.

February Smart Training

Please join us for a Points of Dispensing review/update.
We will also provide an overview of the upcoming POD exercise on 3/13/2015.

Dates: Wednesday, 2/18/15, 6:00 pm - 8:30 pm
or
Saturday, 2/21/15, 9:00 am - 11:30 am

Where: Erie County Fire Training Academy
3359 Broadway, Cheektowaga

Please register at:
ECMRC@erie.gov, or call 858-7109 or 858-7101

Keep us updated!

Please remember to keep us updated when you move, change or add phone numbers, get a new email address — so that we can keep you up-to-date as well.

As BCS and CERT strive to better serve the community, it is extremely important that we maintain correct, updated contact information on our CERT trained volunteers. In the event of an emergency, it is essential that all pertinent information in our files be up-to-date.

Please contact our office with any changes; email Gail at gstruzik@niagara.edu or call 716-205-0077. Thanks!
If you have hope for a cure and the resolve to help, channel your passion to beat cancer by volunteering at The Ride For Roswell. The Ride For Roswell counts on over 2,000 dedicated volunteers support 8,000 cyclists to ensure a safe, comfortable, and enjoyable experience for all. Their passion and commitment are what makes Ride Weekend a success!

2015 marks the 20th anniversary of The Ride For Roswell, presented by West Herr Automotive Group! The Opening Ceremony will kick off Ride Weekend at the University at Buffalo’s North Campus on Friday, June 26, 2015. The Ride will take place on Saturday, June 27, 2015.

**Volunteer Communications Officers:**

**Date:** Saturday, June 27, 2015

**Location:** Amherst Police Department  
500 John James Audubon Parkway, Amherst, NY 14228

**Shifts:**  
5:30 am – 8:30 am  
8:15 am – 10:30 am  
10:15 am – 1:30 pm  
1:15 pm – 3:30 pm

**Duties:** Work with Erie County Amateur radio Emergency Services, Law Enforcement and Town Dispatchers, and Ride Staff to manage rider support and emergency telephone calls, and vehicle dispatch.

**Environment:** Indoor, air conditioned call center, second floor, ADA accessible, food and beverages provided.

Sign up for one or more shifts.

**For more information contact:**  
Tom Johnston, Operations Manager, The Ride For Roswell  
thomas.johnston@roswellpark.org  
(716) 845 - 3945

Thank you for supporting Roswell Park Cancer Institute

*Major Sponsors: CSX, Dunkin’ Donuts, M&T Bank, New Era Cap, Praxair, Sahlen’s, Superior Group, Time Warner Cable News, Tops Markets, University at Buffalo, & WGRZ-TV.*