



THE BEAVERTON CERT NEWSLETTER

Recycling in the Emergency Management Office

The City of Beaverton recently adopted the Sustainable Beaverton Strategy. A big part of that strategy is recycling. You'll notice recycling containers in every City of Beaverton facility.

We recycle to reduce our impact on Earth by utilizing the already extracted materials multiple times. For instance, when we make a new aluminum can out of recycled content material we use about 90% less energy than we would making a can from virgin aluminum.

So, what goes where?

The Recycling Bin

PAPER Newspapers, magazines, catalogs, phone books, cardboard boxes, scrap paper, cartons (milk, juice, soup). Shredded paper must be in a paper bag.

PLASTIC Bottles with a neck (6 ounces or larger), tubs (6 ounces or larger), rigid plant pots (4 inches or larger), buckets (5 gallons or smaller).

METAL Aluminum, tin and steel food cans, empty dry metal paint cans, empty aerosol cans, aluminum foil, scrap metal (smaller than 30 inches and less than 30 pounds).

All food containers must be rinsed of debris. If they aren't, they contaminate the other items in the recycling

bin and everything will be thrown away-not recycled.

What about Glass?

Glass that has a deposit goes in the deposit container bin. Glass that doesn't have a deposit goes into a dedicated glass bin. The closest glass bin is in the 3rd floor breakroom. Please take your glass there, or leave it on the counter in the EM kitchen and we'll take it over for you.

The Deposit Containers Bin

Please put all containers that have a 5 cent deposit in the deposit container bins. These include any glass, metal or plastic bottle, can, or jar with a deposit. So, any container that holds water, flavored water, soda water, mineral water, and any carbonated soft drinks.

Starting in 2018, this will include tea, fruit juice, kombucha and coconut water. For now, though, put these items in the recycle bin.

The Garbage

When in doubt, throw it out. If you're unsure about whether an item can be placed in the recycle bin, ask about it or throw it out. It's better to keep the recycling stream clean and the system strong. Also, keep in mind that it's always better to reduce what you purchase and reuse what you have before recycling.

The three R's are in order of impact – Reduce, Reuse, Recycle.

You Can Help

Please make sure to put items in the right container when using the EM office space. We've had to dump several

recycling bins in the trash because they were contaminated with dirty items and we've had to manually pull out other items that were put in the wrong bin. The bins are clearly marked including information on what is acceptable and what is not.

We've set out a full color brochure on recycling at the reception desk in the EM office. Please take one!

Thank you for helping us keep our space neat and helping us meet the City's sustainability goals.

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Gifts That Keep On Giving

By Cathy Crandall

T'is the season: along with lights and decorations, the hunt is on to find that perfect pink sweater for grandma and a Hatchimal for little Timmie. Some can do their shopping for 20 relatives in 20 minutes at 8 pm on Christmas Eve (you know who you are). Other folks have the holidays in their hearts all year because that's how long it stays on their charge card statements. May I suggest some great gifts that you don't have to wrap, don't require a trip to the mall and won't cost a dime.

The Gift of Planning Ahead

By preparing in advance to take care of your own needs, you benefit the community by not being a victim and can free yourself to provide.....

The gift of service CERT members have this one in the shopping bag. So many people in this organization give of that precious commodity – time – with no thought of any payback, except maybe the good feeling that comes from helping out.

The gift of the benefit of the doubt Most people are doing the best they can and their words and actions are not intended to hurt you. If someone is purposely trying to get to you, don't give them the satisfaction.

The gift of respect The older I get, the more I discover I don't know everything! Listening to other people does not mean agreeing with them, but one of two things could happen: I might learn something or, the person might figure out that their ideas are hare-brained if they verbalize them. On the other hand, arguing or disagreeing with them will only make them dig in their heels to defend their ideas.

The gift of kindness and courtesy Repeat after me: "Please", "thanks", "can I help you with that?" See, that wasn't so hard, was it?

Although there are a variety of ways to celebrate the holidays, we can all be united in our desire for peace on earth.

Just don't forget to put a bow on it.



Holiday Recipes from Rotated Food Stock Items

By Rachael Wright

(For milk you can substitute dry or evaporated milk, prepared)

Classic Bisquick Peach Cobbler

Prep Time 10 MIN

Total Time 1 HR 10 MIN

Servings 6

Ingredients

1 cup Original Bisquick Mix

1 cup milk

1/2 teaspoon ground nutmeg

1/2 cup butter or margarine, melted

1 cup sugar

1 can (29 ounces) sliced peach, drained

Directions

Heat oven to 375°F.

Stir together Bisquick mix, milk and nutmeg in ungreased square baking dish, 8x8x2 inches.

Stir in butter until blended. Stir together sugar and peaches; spoon over batter.

Bake 50 to 60 minutes or until golden.

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♥Rachael's Tip- Easily double this recipe into a 9"x13" pan (slightly thicker) or an 11"x13" (slightly thinner)

Green Bean and Chicken Casserole

Prep Time 10 MIN

Total Time 55 MIN

Servings 4

Ingredients

1 can (10 3/4 oz) condensed cream of chicken soup

1/4 cup milk

1 cup herb-seasoned stuffing crumbs

1/4 cup butter or margarine, melted

4 boneless skinless chicken breasts (about 1 1/4 lb), cut into

1-inch-wide strips

2 cups frozen cut green beans, thawed

Directions

Heat oven to 350°F.

Lightly spray 11x7-inch glass baking dish with cooking spray.

In small bowl, mix soup and milk until well blended.

In another small bowl, mix stuffing crumbs and melted butter.

In baking dish, layer chicken, green beans, soup mixture and stuffing mixture.

Bake uncovered about 45 minutes or until chicken is no longer pink in center and mixture is hot and bubbly.

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**Disaster Psychology Class
Hosted by the Westbrook
Homeowners Association.**

Carol Gross will be teaching a two hour class and along with the Westbrook HOA, has graciously opened this opportunity to Beaverton CERT.

This does not replace the four hour Psychological First Aid class that Carol does for Beaverton CERT.

Monday, January 16, 2017
at 1:00PM in the clubhouse at
14255 SW Sixth St
Beaverton OR 97005

Calendar

Sign up at beavertonoregon.gov/CERTM
Trouble logging in?
Contact David at dbennet@beavertonoregon.gov

Dec. 13 -- Monthly Steering Committee Meeting 6:30-700PM 3rd floor conference room 4755 SW Griffith Dr. Beaverton

Dec. 13 -- Roundtable 7:00PM-9:00pPM All CERT members welcome.

This months Roundtable will feature Suspicious Behavior with Beaverton Police Officer DaNeshia Barkley. She will talk about suspicious and key behaviors to watch out for and provide some pointers on best practices for our safety and the safety of our citizens.

Need Those Last Minute Stocking Stuffer Ideas?



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|-----------------------|---------------------------------|
| Hand Warmers | Individual First Aid Kit |
| Gloves | Tourniquet |
| Portable Music Device | Folding Knife |
| Ebook Reader | Rite In The Rain Notebook & Pen |
| LED Flashlight | Fire Starters |
| Headlamps | Paracord |
| Multiplier | Paracord Bracelet |
| Compass | Firecord |
| Socks | Carabiners |
| Personal Water Filter | Tactical Pen |
| LED Glow Sticks | |
| Car Window Breaker | |



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If you'd like to submit a CERT-related article, pictures from recent events, preparedness product review, survival recipe... for the January CERT newsletter, please submit by Dec 20th to Rachael at: CERT.BeavertonOR@gmail.com