



Warren CERT eNews



Not if..... When Always Vigilant - Always Prepared

Volume 3 Issue 10

October 2017

This newsletter is brought to you by the Executive Board and is meant to give you the latest news and information from around the organization as well as further your capabilities in a disaster or emergency situation.

IN THIS EDITION

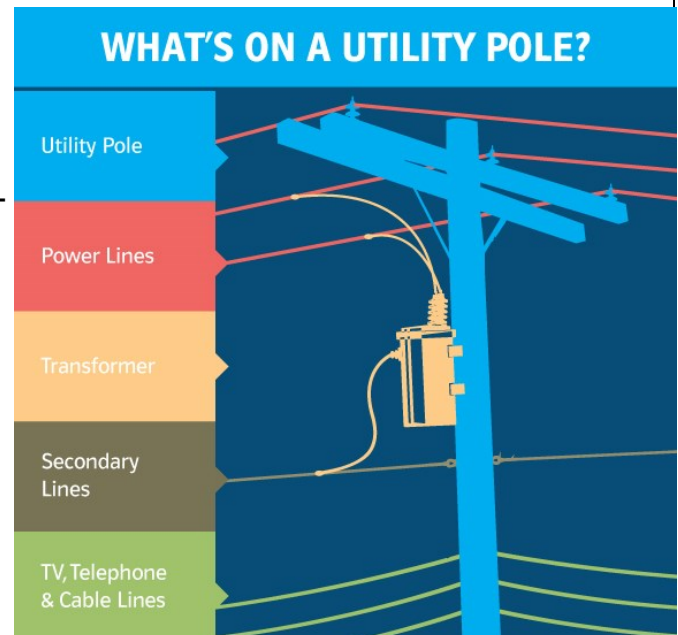
- Between the Poles
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BETWEEN THE POLES: WHAT ARE THOSE WIRES?

You may have noticed there are quite a few wires on a utility pole. Do you know they all are? Not all wires on a pole provide electricity.

Utility poles consist of three distinct spaces. The top layer (red) is the supply space. It's where you'll find the distribution wires that carry electricity from substations. The distribution wires or "primary's" can typically carry 2,400 to 70,000 volts. Primary wires are typically bare although they may have a weather coating. The weather coating is does NOT insulate the voltage. Also occupying the top space is the transformer. It lowers the voltage passed from primary lines to secondary lines.

The middle layer (tan) is the neutral space, where the secondary power lines are located. These wires carry electricity to homes and businesses. Secondary electric wires carry up to 600 volts but they typically carry 120/240 volts. Secondary wires typically have a weather coating. As in primary wires the coating is not a insulator.



PRESIDENT'S VOLUNTEER SERVICE AWARD (PVSA)

As another level of recognition and acknowledgement for all the time volunteered by our members CERT has added the ability for members to qualify for the President's Volunteer Service Award or PVSA.

Please go to <https://www.presidentialserviceawards.gov/register-vo> and create your own account. Each person must create your own account! To associate your account to the Warren CERT team you must reference our Record of Service Key WBU-4628



Any community volunteer work is allowed to be added for review. Any other groups or teams you volunteer can be submitted for consideration. For example RACES/ARES, Ducks Ltd., any city commission, etc. Any non-compensated training you do or volunteer work you perform may be submitted.

[Every member should log all your community service.](#)

BETWEEN THE POLES

CONTINUED

The bottom layer is the communications space. There, you'll find telephone lines, Fiber / Internet lines, and coax cable lines. Each utility utilizing a pole is responsible for its own lines.

In most areas, power poles and lines are located alongside the road, however, in some subdivisions and newly constructed suburban areas built in the 1970's and later you won't see lines in the air, lines in those areas are buried underground.

In the city we also have the ITC corridor. The ITC ([International Transmission Co.](#)) owns and maintains high voltage and long distance transmission lines. The voltages in these lines can 120,000 to 345,000 volts.

As CERT members and in your home and with your family you need to remember to keep a minimum 30 feet safety distance from any down power line.

If we are working a down wire or pole problem you want to keep a minimum of 1 pole to pole distance or 125ft. More if lines could fall in multiple directions.

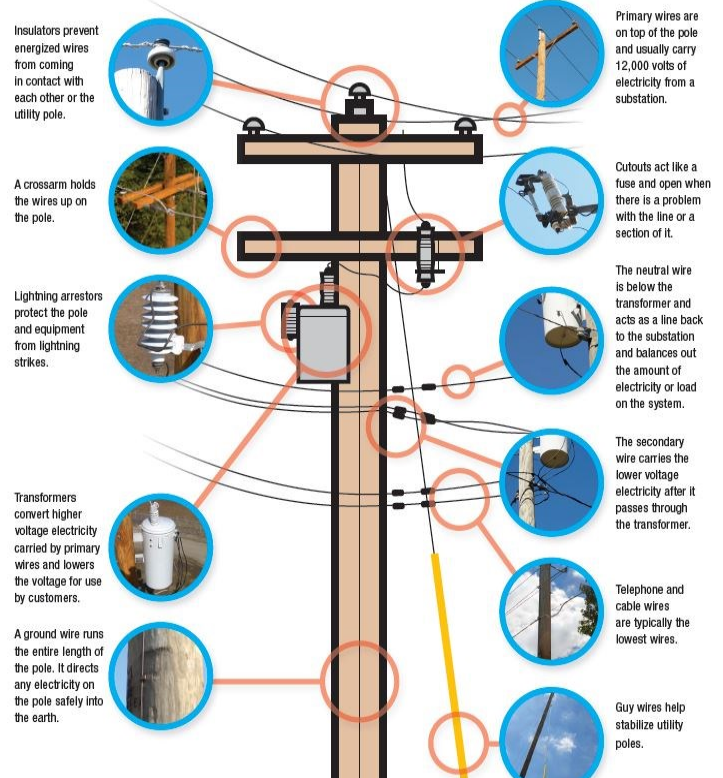
[One of the down wire events CERT worked.](#)

From the Internet, you don't want to be here: [Video 1](#) [Video 2](#)

STAY FAR AWAY FROM DOWNEDED WIRES, FENCES, AND ANY OTHER SOURCE THAT ELECTRICITY MIGHT TRAVEL- STAY ALIVE!

What's on an Electric Power Pole?

This is an illustration of basic equipment found on a typical distribution pole and can vary by location.



THE MONTH IN REVIEW - CALL OUTS, DEPLOYMENTS, AND EVENTS

July & Sep TEEEX Class

Thu Sep 14 Truck Fire 12 & Mound

Tue Sep 19 Leason Fund Raiser

Sat Sep 16 Animal Welfare Clinic

Mon Sep 25th Call-Out 11501 Stephens Down Wire

Sat Sep 30th Warren Woods Tower Homecoming Parade & Parking Detail

Sat Sep 30th Fitzgerald Homecoming Parade

363 Volunteer Hours - Call-Out & Meeting/Training Hours

145 Hours Executive Board / Administrative

UPCOMING EVENTS

Full details available at meetings, emails, and official CERT calendar

Sat Oct 7th 09:00 - 13:00 General Membership Meeting

Tue Oct. 17 16:00 to 20:00 Leason's Fundraiser

Sat Oct 21st Trunk-n-Treat Candy Hand-Out 14:00 - 16:00 (Setup 12:00 to 14:00)

Warren CERT will have Teal Pumpkin items available!

Sat Oct 21st Harvest Treat 14:00 - 16:00

Tue Oct 31st Halloween Candy Check Fire Station# 1

Sat Nov 11th CERT FSE Exercise - Stay tuned for detail. All hands on deck for this

Sat Dec 2nd 09:00 - 13:00 CERT Family Appreciation Breakfast

Sat Dec 2nd 17:00 - 20:00 Tree Lighting Ceremony

Make sure you follow Warren CERT on Facebook & Twitter

<https://www.facebook.com/wrncert/>

[@WarrenCERT](https://twitter.com/WarrenCERT)

Thanks to executive board coordinator and member Ron M. we have another tool to help us do our job.

Although many of our members have obtained their amateur radio (ham) license or are working on it we still don't have enough to make every call-out a communication breeze. Our largest problem on some call-outs is simple & effective communications.

We now have a new tool to make communications a lot easier for our members that have smart phones.

Zello simulates traditional two-way radios. It works over 4G, 3G and GPRS/EDGE networks.

Zello is a direct messaging service that allows members to communicate freely either privately with individuals or over open channels that can support hundreds of thousands of users. It allows users to use their cell phones and computers all around the world like walkie-talkies.

[See their web page here](#)

We road tested Zello at the recent WTT & Fitzgerald Homecoming parades and WTT Game. It worked very well, we could talk all around the city and it sounded like you were standing next to the person.

We encourage every member that has a smart phone to download the app.

Download for Android Phones at the [Google Play Store here](#).

Download for Apple Phones at the [App Store here](#).

The app is free!

Once you have downloaded the app you have to create an account. Once your account is created you can search Channels for **Warren CERT**. Once you have located the channel click the join button.

There is also [Windows Phone version here](#).

A few instructional Videos here:

[Intro Video](#)

[How to use Zello for rescue and relief efforts](#)

[Instruction Guide for Channel Owners](#)

[There is even a PC based version](#)

This will be invaluable on call-outs, I encourage everyone to get it.

You may even find uses in our personal life and work.

Note: The Warren CERT channel is for active Warren CERT members only.

EXECUTIVE BOARD

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Coordinator	Sandra Jones	586-457-6159	sgjones586@gmail.com	
Coordinator	Ron Mesic	248-830-8450	rmesic@gmail.com	n8xz
Coordinator	Steve Zabik	586-350-5555	szabik@warrencert.org	

PANTRY STAPLES THAT LAST

Being a prepper, you will need to have food pantry staples that last long periods of time. You do not want to stock your food pantry only to have to restock your supply in 6 months.

Pantry Staples That Can Last Just About Forever

While you will not need to check constantly your food supply for expiration dates and ensure that the food is still in good condition, you can focus more on your survival skills and your SHTF plan. Honey isn't the only food that doesn't have an expiration date. As long as you're storing these foods properly, they're probably safe to eat no matter how long you've had them. Depending on your circumstances, the ideal survival stock-pile might contain a lot of canned items, or you might prefer to stick with mother nature's own recipes for longevity, those ingredients which require no special seals. Here are some great long term food storage examples we wanted to share.

Honey

A few foods can last indefinitely without refrigeration or any special packaging. For example, honey found in ancient Egyptian ruins has proven edible after thousands of years. The crystallized form of sugar simply requires reheating to restore a fluid consistency. Honey is one of the best things you can store due to its unlimited shelf life. Honey never goes bad and its properties makes it the most precious thing: is a good natural anti-septic, can treat burns(applied directly to the wound) and is a great energy booster. Even if it crystallizes or the color changes slightly, don't throw it out — it's still perfectly safe to eat.

Peanut Butter

Peanut butter can maintain its freshness for up to two years and is the best source of energy you can find due to its high content of protein and fat.

Powdered Milk

If you plan to have milk on your table after SHTF then you should stock up some powdered milk. While it's not as refreshing as the fresh stuff when it comes to drinking, powdered milk is quite useful for cooking and baking. It can be rehydrated to put on cereal, made into pudding, and as an add-Into almost any kind of soup to make it a cream soup. Store it in a sealed container in a cool, dark place, and it will have an indefinite shelf life.

Rice

For a more substantial staple, white rice can last indefinitely without spoiling or breaking down. Yes, it might smell a little old (due to the starchy covering it has but I'm presently using really old rice successfully. All you need to do is rinse it well to remove the starch and voila...tasty rice. Also, you can mix a little of old and a little of new if you like. Brown rice, on the other hand, will turn rancid after several months due to its higher oil content. Wild rice does not have this same set of problems, because it is actually grass seed, not rice. Store whole non-ground grains, and a grain grinder of sufficient quality, instead of storing ground grains, flours, meals, or cereals that use processed grains.

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Salt

An essential supplement in any diet, salt is also useful as a natural remedy and is a multipurpose household item. It keeps well in cool, dry places and you can prevent it from clumping by dropping a few grains of rice at the bottom of the shaker.

Distilled White and Apple Cider Vinegar

Both will keep really well for a very long time. Keep them tightly capped after opening and store them in cool, dry places. They are staples in the kitchen but they are also great multipurpose items

Pure Vanilla Extract

Pure vanilla costs a good deal more than its imitation counterpart, and for good reason. Not only is there a huge difference in taste, but pure vanilla also lasts a lot longer.

Cornstarch

Cornstarch is a go-to thickener for pudding, sauce, and gravy. Most recipes use only a couple tablespoons, yet cornstarch is usually sold in large packages, but don't worry — this is totally okay since it doesn't have an expiration date. Just remember to keep the lid completely sealed and store it in a cool, dark place.

Coffee / Instant Coffee

Have you ever tried to quit drinking coffee, after years of counting on it to get you up in the morning and through the day? If not you, someone in your party is likely to consider coffee (or simply caffeine) an essential, and may be tired, lethargic, and have headaches without the stuff. Coffee doesn't have to be a top priority, but being able to grab it will be something more than one person in your party is likely to be thankful for. It's a quick mood booster and good for morale. And it's also something that could be traded like a commodity during a crises situation.

Popcorn

When stored properly, popcorn can last indefinitely. Plus, it's whole grain, low in fat, and high in fiber.

Sugar

Sugar is another sweetener with no expiration. This includes all varieties — white, brown, and powdered. Be sure to store it in an airtight container to prevent moisture from dampening the sugar.

Dried Fruit

Dried fruit are not only good for their long shelf life but also for their nutritional qualities. They are a great source of potassium, fiber and make a great energy booster due to their content of sugar.

Pasta

Everybody loves pasta. I use to stock up on Italian pasta because it is made with durum wheat flour and this gives a longer shelf life. Pasta can be mixed up with almost anything to get a wonderful meal.

Bouillon Cubes

They are basically dehydrated vegetables and animal fat, with a high salt content. They will elevate a plain meal to something more palatable in no time and they will keep well for a really long time. Just make sure to keep them in a cool and especially dry place, since humidity will affect their flavor and stability.

Tip: Put Grains, Flours, Rice, Powdered Milk in the freezer for at least 72 hours to kill any eggs or larvae. Place in Mylar bags and then into buckets for added protection.

CERT POLICIES YOU NEED TO KNOW

Warren CERT ID and Lanyard can ONLY be worn when activated as Warren CERT and must NOT be visible when stored in your vehicle. Do not keep lanyards in your cup holders, hanging from your rear view mirror, or other obvious place. You need to assure it does not get stolen or is used to misrepresent the team.

When deployed on Warren CERT events, logos and ID's from any other agency's cannot be worn. This includes, but is not limited to Badges (Security, Hospital, Work, etc.), Shirts or uniforms with logos of other agencies (Police, Sheriff, Fire, Ambulance, Security, even other CERT teams). Displaying multiple identifying marks causes confusion and can possibly place you in unwanted and dangerous circumstances.

Under no circumstances should you self-deploy!! IF YOU SELF-DEPLOY AND ARE INJURED YOU ARE ON YOUR OWN! IF YOU SELF-DEPLOY AND ARE INJURED YOU ARE NOT COVERED BY THE CITY! If you decide to offer assistance without being called out by during a city sanctioned event you are doing so as a civilian and assume all responsibility.

You are authorized to use your red warning light while on official CERT call-outs or events and when you are using it according to CERT guidelines. You must be stationary while it is in use. You are only authorized to use it while in the city of Warren. Your light should not be visible outside of the city

Warren CERT has a Chain of Command and every member is subject to follow it. If you ever have any questions or problems bring it to your executive board. No member will email or call a city official concerning a CERT topic without having gone thru the executive board or Emergency Manager.

Under no circumstances should any member attempt to approach or attempt to move any downed wire!

All safety policies and procedures must be followed at all times.

All members, at all times, must exhibit professionalism.

No smoking, indecent or lewd behavior or discussion will be tolerated.

ANY VIOLATION OF THE ABOVE GUIDELINES COULD RESULT IN DISCIPLINARY ACTION, EXPULSION FROM THE CERT TEAM OR CRIMINAL CHARGES.

IMPORTANT INFO

Remember call 586-960-5315 and leave your name, time arrived, time departed, and what scene or event your calling about!

Please like our Facebook page [Facebook.com/wrncert](https://www.facebook.com/wrncert)

**Don't forget to tell your friends and neighbors, about CERT.
We're always looking for good people.
[Apply at warrencert.org](https://www.warrencert.org)**

Make sure you continue to receive this eLetter and are signed up to the electronic version of the official CERT calendar.

[Check your texcom.com info to assure its current!](https://www.texcom.com)

TEEX PER-334 SEARCH AND RESCUE IN COMMUNITY DISASTERS

Warren CERT in cooperation with the Warren Parks & Rec Department brought the Texas A&M Engineering Extension (TEEX) training PER-334 “Search and Rescue in Community Disasters” to the Warren Community Center in July and September.

The class description is: “The Search and Rescue in Community Disasters course is designed to provide training for community members to safely conduct search and light rescue response to aid their family and neighbors in the immediate aftermath of a natural catastrophe, technological accident, or human-caused incidents.



The course is intended for members of the whole community and draws on information and lessons learned from a variety of disaster incidents such as hurricanes, tornados, and man-made events for discussion points. Hands-on training is used to demonstrate best practices for effective search and light rescue which can be used in both residential and commercial environments.”

If there is an event such as a tornado that exceeds our Police, Fire, and EMS capability to respond citizens may be on their own for hours or even days. CERT training is focused on self-aid along with safely providing assistance to others. This class went beyond CERT to include both indoor and outdoor search training and extended the lifting and cribbing training to include the use of “found materials” following a disaster. In the exercise, a 2X4 was used to lift and crib a load.

The instructors were members of Texas Task Force 6 with direct experience in responding to hurricane, wildfire, lost person search, and had extensive experience in the Fire service. The training was regularly grounded in relevant “real world” events and questions were frequently answered from their extensive experience and observation.

Response to the class was very favorable – some of the students were also trainers who will take this information forward to continue making Michigan residents more resilient against disaster.



do 1 thing

Being prepared for disasters and emergencies can seem like a big job. Many people don't know where to start, so they never start at all. With Do 1 Thing you can take small steps that make a big difference in an emergency.

Do 1 Thing is a 12-month program that makes it easy for you to prepare yourself, your family, and your community for emergencies or disasters.

Warren CERT is proud to be a partner with do 1 thing. Every month we will be showcasing some of the information from do 1 thing for Individuals and Business's.

Individual:

Power

Goal for October: Be able to safely meet your basic needs during an electrical outage.

We count on electricity for heat, food, and medical needs. Many gas appliances even need electricity to run. A power outage is an emergency that often follows another emergency—like a hurricane, tornado, or winter storm. That makes it even more important to be prepared in advance.

Power: Have flashlights ready in an easily accessible place and check batteries in flashlights and radios.

Power: Acquire and learn how to safely use a portable generator.

Power: Create a power outage plan and decide what you can do before, during and after a power outage to minimize the effect on your household.

Read More: <http://do1thing.com/topics/power>

Business:

Emergency Plans

Goal for Step 10: Create emergency and continuity plans that will guide your employees and your business through disaster.

Disasters and emergencies are low-frequency, high-stakes events. Because they don't happen every day it's easy to postpone planning for them. Unfortunately, failure to plan can result in financial loss, injury, and death when emergencies do occur. Planning doesn't have to take a lot of time or resources. Investing a few hours now can save money and even lives later on.

Emergency Plans: Create emergency plans for your building.

Emergency Plans: Create contingency plans for your business.

Emergency Plans: Formalize your emergency plan.

Read More: <http://do1thing.com/topics/plans>

Thank You to do1thing
<http://do1thing.com/>
A Warren CERT Partner

PRODUCTS PAGE

Although it is not a “thing” the Zello app definitely counts as a cool stuff and worthy of being listed here.

Download for Android Phones at the [Google Play Store here](#).

Download for Apple Phones at the [App Store here](#).



Blackout Buddy

The rechargeable, always ready emergency flashlight and nightlight

Bright emergency 3 LED light Lights up when there is a power failure or blackout

Can be used as a flashlight

One LED night light

Fold-up prongs plug directly into electrical socket for constant charge

See it in action here: [Video](#)

I have always carried a P-38 Can Opener. If you haven't been introduced to these miracle tools check them out.

P-38 and P-51 Can Opener



See it in use here: [Video1](#)

Other uses: [Video2](#)

