



Warren CERT eNews



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

Volume 5 Issue 12

December 2019

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. - *Michael Riley*

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AMATEUR RADIO AND DISTRACTED DRIVING

Driver inattention is the leading factor in most crashes and near-crashes, according to the National Highway Traffic Safety Administration and Virginia Tech Transportation Institute.

Driving is a visual task and non-driving activities that draw the driver's eyes away from the roadway should always be avoided.

As of July 1, 2010, Michigan law prohibits texting while driving. For a first offense, motorists are fined \$100. Subsequent offenses cost \$200.

There are three main types of distraction:

- Visual - taking your eyes off the road
- Manual - taking your hands off the wheel
- Cognitive - taking your mind off of what you're doing

Distracting activities include:

- Using a cell phone and/or texting
- Eating and drinking
- Talking to passengers
- Grooming
- Reading, including maps
- Using a PDA or navigation system
- Watching a video

Distracting activities include: (cont)

- Changing the radio station, CD, or MP3 player.
- Loud music

Focus on the task at hand - driving:

- Get familiar with vehicle features and equipment before pulling out into traffic.
- Preset radio stations, MP3 devices, and climate control.
- Secure items that may move around when the car is in motion. Do not reach down or behind the seat to pick up items.
- Do not text, access the Internet, watch videos, play video games, search MP3 devices, or use any other distracting technology while driving.
- Avoid smoking, eating, drinking, and reading while driving.
- Pull safely off the road and out of traffic to deal with children.
- Do personal grooming at home-not in the vehicle.
- Review maps and driving directions before hitting the road.
- Monitor traffic conditions before engaging in activities that could divert attention away from driving.
- Ask a passenger to help with activities that may be distracting.
- If driving long distances, schedule regular stops, every 100 miles or two hours.
- Travel at times when you are normally awake and stay overnight rather than driving straight through.
- Avoid alcohol and medications that may make you drowsy.

Michigan.gov/MSP

DrivingLaws.org

Warren has their own Distracted Driving Law

As the ordinance is written, “Distracted manner’ means performing an activity that diverts attention from operating the vehicle in such a way that it endangers drivers, pedestrians or property.” City Attorney Ethan Vinson said that includes eating, performing personal hygiene tasks, holding pets, or surfing the internet.

[C and G News](#)

FCC upholds State of Michigan and City of Warren distracted driving laws.

... “Laws that prohibit talking on handheld communications devices while driving do not preclude or unreasonably obstruct mobile use of handheld two-way radios,” the FCC said.

“These laws apply to the use of handheld devices while driving. A driver can comply with these laws by using a hands-free attachment or by parking the vehicle prior to using a handheld device, both of which are contemplated by our rules regarding two-way radios.” ...

ARRL Michigan Section

**If it appears to the police officer, you are distracted
you can be ticketed!!**

Be Safe.



Andrew Young KB8MUA



YOU MAY BE PREPARED BUT IS YOUR CAR?

Be WISE Be PREPARED

Emergency Evacuation Kit



Keep a local map so you can follow evacuation routes



First Aid Kit for medical Emergencies



Flash Light

Batteries

Whistle

Battery powered Radio, Light, TV

Multi purpose Swiss army knife

Duct Tape



2 Gallons of water per person per day



Canned & non perishable food items for whole family



Manual can opener



Matches or Lighter in a waterproof bag



Thermometer



Cereals



Bread



Cookies & Crackers



Manual cell phone charger & car charger



Permanent markers, Pen & Paper



Cash for emergency if credit cards don't work



Coins for calls & use in vending machines



Waste Bags



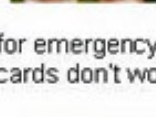
Baby Milk Items



Energy Bars



Water Purification Tablets



Extra pair of prescription eye glasses



Clothes, towels, blankets, shoes, hats, undergarments etc



All personal & necessary documents in a waterproof box



Medicine & Prescription for Refill



Insect Repellent



Leather or Vinyl Gloves

Personal toiletries



Family Photographs for identification purpose



Nylon Cord



Emergency Tel. Numbers

This is a suggested list. While choosing the contents of your emergency kit, please consider the needs of all your family members.

Canned Food Gone Bad – Do you know all 8 signs?

February 1, 2016 Preppers Survive

This is a great article on keeping canned foods safe.

There is a comment by [Christopher Perdue \(thebiblestop\)](#) June 14, 2016 at 1:51 pm that I agree with. His comment is about the top where the lid is rolled sealed to the side of the can.

At times some grocery stores have a display of dented cans. They are being sold at a discount. You can save some money by checking out this display. Use them first when you get home.

A while back I was sent to Purdue University to take a course in “Canning and Food Processing”.

The reason was to allow me to be the person in charge of quality control for the canning process at a facility the church I go to operated. I had to inspect the seams, among other check points, during the canning process. Carefully check the seams of any can you purchase. Make sure there are no dents at or on the seam. Use these 8 points to keep safe.

Pop top lids are convenient to use and quick to open. However, the lid is not as strong as a regular can lid. The partial grooves in the lid that make it easy open makes it not as strong a regular can lid.

1. Look at It and Smell

If your canned food looks cloudy or slimy or it smells “off”, don’t eat it. Many people suffer under the misconceptions that boiling food kills all the bad bacteria or that bacteria can’t survive without air. Unfortunately, neither is always true. Yes, boiling kills many bacteria, and many do die without air, but there are deadly ones such as the clostridium botulinum bacteria that boiling water won’t kill. You have to pressure-can low acid veggies and meat in order to kill the bad bugs. This isn’t something to mess around with – it can kill you.

2. The Lid Bulges

If the lid of your can is bulging up, it’s a pretty good sign that whatever is in it has gone bad. This is most likely due to the fact that you didn’t process it properly. You probably didn’t get the food hot enough to kill the bacteria in it before you sealed it up. Though the process of canning is supposed to preserve food, most people don’t realize that they can actually seal bacteria in with the food.

3. Release of Pressure when You Open It

There is always going to be that little sound of depressurizing when you break the seal of your canned food but if it's more than just a pop, you may have a problem. Buildup of gas inside the jar is a sign that there are anaerobic bacteria in it. This is the same thing that causes the lid to bulge. You may also notice bubbles in the jar before you open it. Be extremely careful because all of these are signs of bacteria in your food.

4. Lid Can Be Pushed In and It Pops Back Up Again

If you push lightly on the lid of your jar and it pushes down, then pops back up again, your jar didn't properly seal. That means that the food has basically been sitting out for however days, weeks, months or years that it's been on the shelf. How long would you leave food in a bowl on the table before you deemed it unsafe to eat? Not long, right? If the lid isn't sealed, pitch it.

5. Mold on the Lid

If you unseal your jar and see black, blue, gray, white or green mold on it, pitch it. Even if the food doesn't show any signs of mold, the fungus or bacteria is most definitely in there. This food may smell funky, too.

6. Foam on Top of the Food

This is another sign that anaerobic bacteria such as the kind that causes botulism is present in the food. Unless you want to end up in a world of hurt, or even dead, don't eat it. This is especially a concern in meats and low-acid foods such as green beans, beets and corn. Again, pressure-can them.

7. Damage to the Container

If the jar or can appears to be cracked, damaged, bulging or misshapen or the seal is damaged, throw it away. Often after a few years, the lid of the home-canned food or the entire container of store-bought food can rust or erode to the point that it allows bacteria in. Don't risk it. You have a little more leeway with home-canned goods because you can test to see if it's still sealed but if a store-bought can is rusty, you don't really have any way to tell if it's good or not. On another note here, don't ever buy canned goods that are damaged. Often dented cans are on sale; that's because people in the know are aware that the safety of the food may be compromised. There are also toxins in the liners of the cans that can be released when the can is bent, so that's another reason to pay full price if you're buying at the store.

If you want to save money, do it by couponing, not by buying damaged goods.

8. Food or Juice Is Leaking Down the Can

This actually applies more to store-bought canned foods than home-canned foods because you're going to see other signs such as a broken seal in home-canned foods if the food is actually leaking out of the can. Not necessarily so with store bought cans, though. If you pick up a can and there's food on the label or the outside of the can, inspect it closely. It could be that another can broke and spilled on it, but the can itself could be leaking, too. If you can't see for sure, don't risk it.

Canned Food Spoilage Warnings

WHAT IS YOUR RADIO CAPABLE OF?

No matter what kind of radio you are using there is a learning curve on how to use it, the limitations and what can be done to overcome those limitations. As CERT members we are encouraged to get an amateur radio license and as an incentive are rewarded by receiving a Baofeng radio.

When you get a radio through CERT or other means get on the radio and find out what it can do before it must be counted on in an emergency. "When all else fails, there's Ham radio" has been proven in many times already. Don't let the failure part be the operator.

This article is about what I found out about in my expectations of the Baofeng UV-5R radio. I have developed a habit of carrying this radio whenever I go someplace. It has FM radio I can listen to which I use instead of the car radio.

My son and I needed to go to Mt. Clemens and took 2 Baofeng radios. The Idea was for him to call me when he was out of the building to be picked up. I had no idea where I would be parking. Our communication plan was to use the repeater located at 11 mile and Schoenherr. 443.550, +5.0 offset, 107.2 tone. This is the one CERT uses for the monthly (Third Monday 8:45pm) ham radio net. By checking in at the weekly 7pm Monday (same repeater) net I found out it could reach southern St. Clair county.

No problem, right? WRONG! Luckily, I was able to park right in front of the door. My son easily saw me. He still tried using the radio he had about 10 yards in front of me. I could barely hear him. Remember the signal is going to 11 and Schoenherr and back. My radio was picking up interference which his radio did not. I put out my call sign stating Test.

A ham operator came back and gave a signal report. That was helpful. He barely heard both of us. As we left downtown Mt. Clemens, he gave us an improving report on our signal.

What I learned was the ham radio proverb was taking affect. "The bigger the antenna the better. The higher the better. The more power the better, and "if the antenna did not come down last winter it was not big enough".

Several conditions were working against us. We were inside a car using small antennas. The power level of a Baofeng is barley 5 watts. The large buildings downtown Mt. Clemens were blocking the path to the chosen repeater.

I should have done a search for a closer repeater. The kind ham told us about a 70cm repeater in Mt. Clemens which would have worked much better or even using simplex. However, we were playing radio which was a good thing to help learn the limitations of the equipment (and of myself).

A project being worked on is a listing of repeaters in the metro area that could be used. However, it will take testing your equipment to see what it will take to access them for you.

**Remember Bigger, Higher, and more Power is the friend of a Ham
Radio Operator.**

Reach out and talk to someone.

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

Mon	Nov 4	Van Dyke/Chicago Accident
Tue	Nov 12	New Member Orientation
Thu	Nov 14	10 Mile / Loretta Leaning Poll Street Closure
Sat	Nov 16	Marshall St Down Wire
Sun	Nov 17	Executive Brd Meeting
Mon	Nov 18	Warren CERT Radio Net
Wed	Nov 27	Chicago Deli Structure Fire
Wed	Nov 27	13/Ryan Down Wire / Lights Out
Wed	Nov 27	10/Hayes Down Wire / Lights Out
Wed	Nov 27	Oaklane Down Wire
Wed	Nov 27	Dequindre Accident
Wed	Nov 27	11/696/Dequindre
Wed	Nov 27	Alvina Down Wire
Sat	Nov 30	Le Fever Structure Fire

414.25 Total Volunteer Hours

227.75 - Call-Out / Events

38.5 - Meeting / Training Hours

148 - Executive Board / Administrative / Education

Although the IRS does not assign or allow volunteer hours a dollar amount many state and federal entities do assign a value to volunteer hours.

According to todays rate of \$24.69 the CERT team has performed

\$10,227.83

dollars of service to the residents and city of Warren this month.

UPCOMING EVENTS

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

TBD			Basic CERT Class
Tue Dec	3	19:00	Ham Radio Test Hazel Park Radio Club
Sat Dec	7	09:00 - 13:00	General Membership Meeting / Family Appreciation
Sat Dec	7	17:00 - 21:00	Tree Lighting

***** We are finalizing a basic CERT class Stay Tuned for Dates *****

Unless otherwise indicated meetings will be held at
Warren Community Center 5460 Arden Ave, Warren, MI 48092

Watch the CERT Calendar for the latest location information and other training dates.

[Make sure you follow Warren CERT on Facebook & Twitter](#)

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

[@WarrenCERT](#)

Do the math....

Deadly Injury > EMS Response = No Vital Signs

Get Trained!



Stop the Bleed

EXECUTIVE BOARD

<u>Title</u>	<u>Name</u>	<u>Phone</u>	<u>Email</u>	<u>Ham Call Sign</u>
Director	Michael Riley	586-943-6110	mriley@warrencert.org	kd8fmg
Dep. Director	Mike Rose II	586-855-1685	mrose@warrencert.org	ke8cih
Coordinator	Mike Slupinski	586-214-4704	deploytheyak@outlook.com	w2mjs
Coordinator	Sandra Jones	586-457-6159	sgjones586@gmail.com	
Coordinator	Ron Mesic	248-830-8450	rmesic@gmail.com	n8xz
Coordinator	Eric Bordeaux	586-242-4996	ericbordeaux@comcast.net	
Secretary	Angela Middleswart	586-219-4329	amiddleswart@warrencert.org	
Coordinator	Rex Marshall	586-933-3886	rexmarshall44@yahoo.com	
Coordinator	Bill Legendre	586-872-0041	billlegendre@gmail.com	
Coordinator	TBD			

WHAT'S NEW

Family Appreciation Breakfast

> Throughout the year the men & women of Warren CERT leave their homes and families to help our Police & Firefighters on call-outs and events. As a way of saying

Thank You

to your families we invite them to join you and the rest of our CERT family for a breakfast sponsored by the executive board.

We hope to see all our members and families!

Saturday Dec 7th 09:00 to 12:00

Jimmy's Tavern

30140 Van Dyke Ave

Warren, MI 48093

[RSVP to breakfast@warrencert.org](mailto:breakfast@warrencert.org) REQUIRED by Tuesday Dec. 3rd!

We had a few members retire this year. Although they would prefer not to be named you know who you are. What you might not know is how much you are missed!

Stay Safe KC, KL, and JC!

> Want to be a part of Warren CERT team at a higher level and get more involved? We have an opening on the Executive Board. One year service to the team and a high level of commitment are required. Email executiveboard@warrencert.org with your resume and cover letter if interested.

> Tune into the Warren CERT Radio Net - 3rd Monday of the month @ 20:45 on the KA8WYN repeater.

CERT POLICIES MEMBERS 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.

While on Call-Outs CERT team members will not have any interaction with news media or the press. Any info request will be referred to Police or Fire representatives.

Photos or videos taken by any CERT member while in the performance of CERT duties or while wearing CERT attire will never be shared with any news media or posted to social media sites!

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

IMPORTANT INFO

Remember to 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](http://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!](http://texcom.com)

Warren CERT Call-Out Procedures

Warren CERT uses Texcom.com as its primary dispatch and notification system.

All CERT members must be registered with Texcom with SMS (texting) and email. *An exception is allowed for members that do not use texting or email.*

When a call out request is received from an official source the on-duty CERT dispatcher will immediately relay the help request to the members via texcom using text messages and email.

Every message will contain specific details on how to contact dispatch and respond to requests.

Responding parties must respond as detailed in the message.

A request may advise to **call** "Dispatcher Name" at 586-xxx-xxxx.

In this case as stated **call** the dispatcher and advise of availability and interest in responding.

A request may advise to **text** to "Dispatcher Name" at 586-xxx-xxxx.

In this case you must enter the number into your texting/messaging program and enter your response to the dispatcher.

Do not reply to the message you received, it does not go to the dispatcher!

Do not call if the Texcom message states to text to respond!

In all cases, include **your First and Last name** in the response.

The dispatcher will advise of any new updates to the call, information too large to type into the Texcom message, or of a sensitive nature that can't be openly distributed.

The dispatcher may also advise of a CERT Member in Charge (CIC) in charge of the call-out as well as names of other responding members and any preliminary instructions or recommended equipment.

All responding members must report directly to the CIC and follow their directions. With the exception of emergency first aid, members are not to begin response unless directed by Warren CERT. With the exception of emergency conditions members are not to leave the event without checking out with the CIC or dispatcher.

New members are not go active or perform any action until the CIC arrives. New members must wait on the side lines, in a safe location until given instructions by the CIC or dispatcher.

No member will respond to a call until they have checked in with dispatch!

In all references in the above to dispatcher it refers to the CERT dispatcher, under normal circumstances no contact will be made directly to Warren PD 911 dispatch!

Should a situation or problem develop on a call-out notify CIC immediately. If an emergency develops and CIC is unresponsive or incapacitated notify then notify Warren PD dispatch

Check and update your texcom.com information occasionally. Phone numbers and email addresses do change.

OOPSIE BREAD

Oopsies are another good low-carb bread option. It's a "bread" without carbs and can be eaten in a variety of ways

Ingredients

3 eggs

4¼ oz. cream cheese

1 pinch salt

½ tablespoon ground
psyllium husk powder

½ teaspoon baking powder



Instructions

Separate the eggs, with the egg whites in one bowl and the egg yolks in another.

Whip egg whites together with salt until very stiff. You should be able to turn the bowl over without the egg whites moving.

Mix the egg yolks and the cream cheese well. If you want, add the psyllium seed husk and baking powder (this makes the Oopsie more bread-like).

Gently fold the egg whites into the egg yolk mix - try to keep the air in the egg whites.

Put 6 large or 8 smaller oopsies on a paper-lined baking tray.

Bake in the middle of the oven at 300° F (150° C) for about 25 minutes - until they turn golden

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: First Aid

Goal for December: Be prepared to give first aid while waiting for an ambulance.

An emergency can happen at any time and any place. Many public places have a first aid kit, oxygen, or an AED (automated external defibrillator) to treat people. These items can only save lives if someone knows how to use them. Actions you take in the first few minutes after an injury or other medical incident may save someone's life.

First Aid: Know what to do while waiting for an ambulance to arrive.

First Aid: Make or buy first aid kits for your home and car.

First Aid: Take training in first aid, CPR, AED, or pet first aid.

Read More: <https://do1thing.com/topics/first-aid>

Business: Recovery

Goal for Step 12: Create a plan that will help you make sound decisions about the future of your business after a disaster.

Major disasters change communities forever. Shopping patterns, income levels, and demographics may be permanently affected. Skilled employees may leave the community and no longer be available. Business owners must be prepared to make difficult decisions about location, staff, operations, and whether to reopen at all. Laying the groundwork ahead of time can make it easier to make sound decisions after a disaster.

Recovery: Make a checklist of considerations for getting back into business if your facility is damaged.

Recovery: Make a plan for post-disaster staff support.

Recovery: Make a checklist of considerations to help you make decisions about the future if your business is affected by disaster.

Read More: <https://do1thing.com/topics/recovery>

Thank You to do1thing

<http://do1thing.com/>

A Warren CERT Partner

The Pocket Shot

The Pocket Shot is the evolution of the slingshot. Perfect for hunters and recreational use as its tiny size allows you to keep it in your pocket, tackle box, or backpack while storing ammo in its watertight compartment. Up to 350 feet per second, the Pocket Shot is not a toy. Created and built in the USA!



[The Store](#)

