



Warren CERT eNews



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

Volume 5 Issue 11

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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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CORN PONE, A PIONEER STANDARD

Corn Pone is a form of cornbread normally made without milk or eggs. It is normally baked or fried. Where corn pone came from is contested in the history books.

It is well documented that it was used by both armies during the Civil War, so both the North and the South at least agreed on one thing! It's also something that was cooked and eaten by pioneers.

Most of the modern recipes we see for corn pone use milk and eggs. This is really just corn bread. Older recipes for corn pone leave out the milk and eggs. The people were poor and often just scraping by.

Here is an old corn pone recipe.

4 cups ground white or yellow cornmeal
1 tablespoon salt
2-3 cups of very hot, but not boiling, water
Up to 1/2 cup bacon grease or other oil



In a large bowl, add the hot water to the corn meal and mix into a thick batter. Cover with a dishcloth and let it sit for 15 to 20 minutes. The batter should still be soft enough to mold into a small cake about the size of the palm of your hand. If not add a bit more water. Take your cake and shove three fingers into the middle, if the batter holds the fingerprints, the batter is just right. If not, adjust the water or corn meal as necessary.

[Corn Pone Recipe](#)

CORN PONE

Take your cast iron skillet and put it over a medium heat on the stove or over your fire, add the bacon grease or oil. When the oil is hot lay the cakes into the pan. Cook them until they are browned on one side, this should take about 3 minutes. Turn each and brown on the other side. Drain the fat and serve.

Corn pone can be fried as above or baked in a Dutch oven. If you have ham, bacon, or chili peppers, they can be added as an option. I love it with chopped up jalapeno peppers mixed in the batter.

As one old boy said, "This was a get-by recipe, when you had nothing else. If you were lucky enough to have butter or jam it tasted plenty good." In the days of the Great Depression, sometimes this would be a meal in itself.

Another Version

Hands on Time: 5 minutes

Baking Time: 10 - 13

Total Time: 17 minutes

Yield: 15 pones

Also called Corn Dodgers, Johnny Cakes, Journey Cakes and Hoe Cakes! No need to heat the oven up for this one.

Here's what you will need:

1 ½ cups WEM Stone Ground Yellow or White Cornmeal

½ cup WEM All Purpose Flour

2 teaspoons baking powder

1 teaspoon salt

1 cup milk*

1 egg

1 tablespoon sugar or honey

Instructions

In medium bowl, combine dry ingredients

Stir in milk, egg and honey.

Coat a skillet or griddle with cooking spray or vegetable oil.

Heat griddle to medium hot on stove top.

Drop batter by tablespoonful's onto hot griddle.

Fry until brown, turning twice.

Serve hot!

*Use skim milk for a lower fat version. Tastes great!

wareaglemill.com/recipes

There is so much information on basic survival skills that you might be asking "Where to start?" Here are 6 primary components of wilderness survival to help you thrive in any situation.

Number 1: Attitude

More than any other skill, your attitude determines how successful you are in a survival situation. This first of the basic survival skills might even determine whether you live or die!

Number 2: Shelter

Many people who are forced into survival situations often get into serious trouble because of direct exposure to the elements. Most people in survival situations die of hypothermia, which can be easily avoided with basic survival skills. Being able to build a shelter is of paramount importance in a survival situation. It is extremely important to prevent or minimize heat loss, or if in a desert environment, to minimize water loss.

Number 3: Water

Since the human body is composed of up to 78% water, it should be no surprise that water is higher on the list than fire or food. Ideally, a person should drink about a gallon of water per day. Many lost persons perish due to dehydration, and/or the debilitating effects of water-borne pathogens from untreated water. In addition to water-borne pathogens, minerals and metals can be found in waters downstream from industrial and agricultural operations. The best sources for clean drinking water in a wilderness setting are springs, head-water streams, and collecting morning dew.

Number 4: Fire

Even though it is not directly a survival need, fire is one of the most useful basic survival skills. It can help warm your body or your shelter, dry your clothes, boil your water, and cook your food. Also, fire can provide psychological support in a survival situation, creating a sense of security and safety.

Number 5: Food

You might be surprised to see food so low on the basic survival skills priorities list, though we can survive for much longer without it as compared with shelter and water. Remember "The Rule of Threes": humans can survive without food for roughly 3 weeks (though I'm sure you would not want to go that long without food!). Thankfully, most natural environments are filled with a variety of items that can meet our nutritional needs. Wild plants often provide the most readily available foods, though insects and small wild game can also support our dietary needs in a survival situation.

Number 6: Naturalist Skills

The more you know about nature, the better you will be able to survive in the outdoors. To be great at wilderness survival, beyond the basic survival skills, requires an in-depth understanding of a variety of nature skills. For example, wildlife tracking skills allow one to effectively locate wild game for food, and knowledge of herbal medicine allows one to heal illnesses with wild plants. Especially for the situation where you may choose to purposefully practice survival living for a lengthened period of time, naturalist knowledge is absolutely invaluable

[Full Article](#)

Listen to ham radio High frequencies without the big investment.

By using the internet, you can get a sampling of the magic of radio. A WebSDR is a Software-Defined Radio receiver connected to the internet, allowing many listeners to listen and tune it simultaneously.

SDR technology makes it possible that all listeners tune independently, and thus listen to different signals; this contrasts with the many classical receivers that are already available via the internet.

<http://websdr.org/> is the web site to choose from a listing of web sites to access from around the world. At the bottom of the page is a world map with numbered paddles of sites you can choose from.

A note of clarification on expectations. These are live feeds of radio signals into their antenna and radio being fed over the internet to you. I found that the internet has a limit on continuous signal feed.

The internet feed may be choppy at times. Buffering. It will take some practice to get comfortable manipulating the virtual radio.

Once you do it will open a new world to you.

Below are some WebSDR feeds from the United States you may find interesting:

North of Salt Lake City, Utah

<http://www.sdrutah.org/websdr1.html>

Washington DC Area SDR

<http://na5b.com:8901/>

Dahlonega, GA at Lumpkin County Middle School

<http://websdr.lumpkin.k12.ga.us:8888/>

Double Oaks, Texas

<http://w5cqu.homeip.net:8100/>

Orlando, Florida

<http://sdr.n4but.com/>

Condensed from a Condensed (not a typo) presentation given at the 2016 Great Salt Lake Hamfest in July 2016, titled "LDS ERC, Going from Zero to Hero)

LDS ERC (Emergency Radio Communications) - How to Get Started--Training by Kevin Reeve, N7RXE 21 Aug 2016

A key part of disaster response is for leaders to have open lines of communication with headquarters, members, and community leaders. Identify and plan for alternative communication methods that can be used in case the phone system, cellular phone service, power grid, or vehicle transportation routes are disrupted during a disaster.

Qualified specialists (that's you the CERT Ham) often own communications equipment and possess valuable experience.

We Can Do Something

While there is the optimal situation, I am a firm believer that when we do not have the optimal situation or organizational readiness in our units, we can and should do something. Even when we are the only amateur radio operator, we can and should do something. Our goal is to become more qualified, more experience, which leads to becoming an asset for our church, neighborhood, and community.

What Next – This is where the "hero" part comes in.

The magic of amateur radio to be an asset in a disaster is not because of the equipment. It is because of the trained radio operator who also has the right equipment and accessories.

- **Enhance your equipment** - A handheld is a great communications tool for an emergency situation. There are a few low-cost things you can add to it that will enhance your ability and reliability to transmit and receive communications.
- **External antenna** - mag mount, or portable vertical. Having an antenna on the outside of the building with coax running in to your handheld will enhance your ability to communicate.
- **External battery** - AA battery back, or extra batteries. Batteries only last so long. Most disasters will outlast your handhelds battery. Plan to be able to stay on the air for 72 hours without AC electricity.
- **Speaker Mic and earphones** - Earphones will allow you to listen to radio communications in noisy environments without holding the radio up to your ear or asking for repeats.
- **Training** - Owning a radio and checking into the ERC or other nets is a great start. Now work on becoming that qualified operator who possesses valuable experience/skill by looking for training and radio communication exercise opportunities in your area.
- **Sign up** - Provide communications for one of the many running/cycling events in Cache Valley (Utah). There are a lot of opportunities in the greater Metro Detroit Area. Bring you radio to every CERT event. As a non-ham You can request to be teamed up with another radio op to get experience and learn.

- **Attend local training** - Events like ARES/RACES, club meetings, ERC show and tell events, and hamfests. You don't have to buy just talk to the hams. Participate with the Amateur Radio Field Day. These will allow you to exercise your equipment, learn proper protocols and frequencies, as well as meet great mentors.
- **Recruit** - Encourage others to advance their skills. Suggest they join CERT.
- **Organize** - Participate in local communication exercises. Deploy and test your communications. *USECA (Utica Shelby Emergency Communication Association) radio club has "Lark in the Park".*

They meet other club members and set up their own station and play radio.

- **Be prepared** - Get communications from point A to point B regardless of the locations of those points, and if they are outside your unit.

Know how to get messages where they need to go.

In Summary

You can do something. Encourage the creation of and follow your leader direction to create an emergency preparedness plan. The Leader can be from any group, (religious, school, other groups).

Help leaders with a vision on how amateur radio can help them execute the plan with emergency communications and make it part of the written plan.

Enhance your own equipment with needed accessories so you can keep it on the air for 72 hours and communicate from inside a church, school, home, convalescent home, etc. building.

Enhance your operator skills by seeking out training and communication exercise opportunities.

Recruit and encourage others to be prepared, get their license, and enhance their equipment and radio skills.



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

Oct 5	General Membership Meeting
Oct 7	14 Mile / Mound Traffic Light maintenance
Oct 12	WWT Homecoming Parade and Football Game
Oct 15	Leason's Fund Rasier
Oct 19	Harvest Treat
Oct 20	Exec Brd Meeting
Oct 21	CERT Radio Net
Oct 22	Traffic Light Out
Oct 25	Westwood Trunk N Treat
Oct 27	Down Wire
Oct 30	Traffic Lights Out 11/Groesbeck & 11/Schoenherr
Oct 30	9 / Mound Accident
Oct 31	Candy Check

607.75 Total Volunteer Hours

269.25 - Call-Out / Events

125.50 - Meeting / Training Hours

213 - 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

\$15,005.35

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 for November / December.
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
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Coordinator	Mike Slupinski	586-214-4704	deploytheyak@outlook.com	w2mjs
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Coordinator	Rex Marshall	586-933-3886	rexmarshall44@yahoo.com	
Coordinator	Bill Legendre	586-872-0041	billlegendre@gmail.com	

WHAT'S NEW

> On behalf of the Board we welcome Bill Legendre to the Executive Board. We look forward to working together and appreciate your dedication to the CERT team.

> We have had many discussions on the types of batteries we use in our equipment. For those of us that use Lithium batteries Costco has a great price - \$16.99 for 20 batteries. End cost \$.85/each.

> Congratulations to our newly licensed Amateur Radio operators as well as those that obtained a higher level license.

~ Technician Class: Sam S., David M., Loretta G., Patrick M..

~ General Class: Paul H., Mike S..

***** Remember - While supplies last every Warren CERT member that gets their license will be given a Radio. *****

> The [Nextdoor Neighborhood](#) has an app that can be used to send NON-EMERGENCY messages to Warren PD.

> Speaking of apps - [Warren Citizen 311](#) Responder app is available. An electronic means for transmitting and tracking requests for public services of a non-emergency nature to the City of Warren

> A huge Thank You and appreciate your commitment to Krystal Legendre for volunteering to take over some of the daunting data entry tasks for the team!

> 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.

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 response without checking out with the CIC.

New members will also be advised that they are not to perform any action until the CIC arrives, new members must wait on the side lines, in 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.

do 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: **Emergency Supplies**

Goal for November: Remember important items that may be overlooked when leaving your home in a disaster.

Any emergency is easier to handle when you have prepared ahead of time. Put together an emergency kit with important items to keep at home, and a go bag with items you will need to take with you if you evacuate. Think about what you and your family would need in a disaster. You can make kits for your home, car or workplace. Emergencies can happen anywhere.

Emergency Supplies: Gather your emergency supplies in an accessible place.

Emergency Supplies: Create an emergency supply kit for your pet, your car, and your workplace or school.

Emergency Supplies: Stash some cash in case ATMs and credit card machines are not usable in a disaster.

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

Business: **Exercise**

Goal for Step 11: Make sure employees understand their role in a disaster and are equipped to respond safely and appropriately

The disaster environment is fast-paced and stressful. Danger, adrenaline, and exhaustion can affect our ability to carry out critical tasks. Familiarizing your staff with emergency plans and procedures ahead of time through testing, training, and exercising can minimize danger and financial loss in a disaster.

Exercise: Train employees on their role in a disaster or emergency.

Exercise: Hold a drill or tabletop exercise to test emergency procedures.

Exercise: Offer additional safety and response training for staff members.

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

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

