



Warren CERT eNews



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

Volume 2 Issue 6

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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.
Editor - Mike Riley

IN THIS EDITION

- Canning Water
- The President's Volunteer Service Award (PVSA) sign-up
- Evacuation - Remember the 6 P's
- Call-Out Review
- Scheduled Events & Training
- Additional Information - Hello & Good bye
- Emergency / Disaster Food Supplies
- Do 1 thing

CANNING WATER - IT MAKES A LOT OF SENSE

> Why let your old canning jars sit on your shelf and collect dust? They won't take up any more room that they were before so you may as well can water.

> Doing your regular seasonal canning and have an empty spot or 2 in your canning pot... Fill it up!

There are many recipes available on the Internet. The one I liked the best is simply:

- 1) Bring water to a rolling boil and keep at a rolling boil for at least a minute. I usually end up going longer as I'm getting other things ready. Remember: At altitudes above one mile you should increase the rolling time to three minutes.
- 2) Pour boiled water into jars.
- 3) Clean lips & lids like normal canning.
- 4) Process jars for 10 minutes in canning pot.



This method gives you sterile water which can be used for medical emergencies.

Home canned water will last decades with no worries. One thing though, the water will initially have a 'flat' taste. You can change that by stirring or pouring the water back and forth a few times using two clean containers. This will aerate the water and remove the flat taste. No need to aerate if the water is used for cooking.

<https://www.thereadystore.com/water-storage/2899/canned-water-no-not-a-joke/>

<https://www.youtube.com/watch?v=QPGIM2apDMI>

PRESIDENT'S VOLUNTEER SERVICE AWARD (PVSA) SIGN-UP

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**

Every member should sign-up and start to log all your community service. You can list any service; it does not have to be directly related to CERT. As you can see below there are references to many different types of service.

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 commissions, Red Cross, any non-compensated training you do or work you perform may be submitted.

EVACUATION - REMEMBER THE 6 P'S

- ◆ People and Pets
- ◆ Papers, phone numbers & important documents
- ◆ Prescriptions, vitamins and eyeglasses
- ◆ Pictures & irreplaceable memorabilia
- ◆ Personal computer hard drive & disk
- ◆ Plastic credit cards, ATM cards & cash

HELLO AND GOOD-BYE

On behalf of the entire CERT team and the executive board we wish to welcome Sgt. Kevin Borycz as the new Emergency Manager for the city of Warren

It is with a heavy heart we bid farewell to Sgt. Brosnan. Good luck in your new endeavor! Be Safe!!

Last but not least the executive board and the entire CERT team, current and past, wish Kevin Furgal the best of luck and thank you for your years of dedication and service to the city. We truly look forward to working the pavement again!

SOCKS

BY MICHAEL ROSE



To borrow the quote from the great Lieutenant Dan Taylor "There is one item of G.I. gear that can be the difference between a live grunt and a dead grunt. Socks....." Now for us socks are not necessarily the difference between life and death, but it sure can be the difference between comfort and pure torture. You ask, why and how does this matter to a CERT member? Have you ever had wet socks? Depending on the time of year having wet socks can mean anything from discomfort to effecting you ability to stay warm. Speaking from experience having that fresh and DRY pair of back-up socks (or 2) can make all the difference. To be prepared, put a pair (or 2) of socks in a Ziploc bag and keep them stored in your gear. Your feet will thank you, and so will Lt. Dan!



A person can typically live for three minutes without air, three hours without shelter, three days without water and three weeks without food. There are many situations that could disrupt food supply – it is not reasonable to expect stores will always have food available when you need it.

Excerpted from the “American Truckers Association Report”:

Significant shortages will occur in as little as three days, especially for perishable items following a national emergency and a ban on truck traffic. Minor shortages will occur within one to two days. At convenience stores and other small retailers with less inventory, shortages will occur much sooner.

- Consumer fear and panic will exacerbate shortages. The forecast of a winter storm quickly exhausts basic commodities at grocery stores and supermarkets. It takes retailers up to three days to recover from these runs on supplies. News of a truck stoppage—whether on the local level, state or regional level, or nationwide— will spur hoarding and drastic increases in consumer purchases of essential goods. Shortages will materialize quickly and could lead to civil unrest.
- Supplies of clean drinking water will run dry in two to four weeks. According to the American Water Works Association, Americans drink more than one billion glasses of tap water per day. For safety and security reasons, most water supply plants maintain a larger inventory of supplies than the typical business. However, the amount of chemical storage varies significantly and is site specific. According to the Chlorine Institute, most water treatment facilities receive chlorine in cylinders (150 pounds and one ton cylinders) that are delivered by motor carriers. On average, trucks deliver purification chemicals to water supply plants every seven to 14 days. Without these chemicals, water cannot be purified and made safe for drinking. Without truck deliveries of purification chemicals, water supply plants will run out of drinkable water in 14 to 28 days. Once the water supply is drained, water will be deemed safe for drinking only when boiled. Lack of clean drinking water will lead to increased gastrointestinal and other illnesses, further taxing an already weakened healthcare system.

Trucks may stop due to myriad reasons – road surface failure due to earthquake, severe weather, political protests and several others. “Shelter in place” may be required for extended periods depending on the threat. Food storage is a key element of preparedness.

A ‘deep’ pantry is a good first step – maintain canned goods, dry foods, cereals and freezer stock. This might be adequate for most shelter in place situations but is limited in shelf life and portability.

Military rations or “MRE’s” are designed to be eaten hot or cold (many come with heaters) and are intended for battlefield consumption – calorie-dense and stays with you. Excellent for a quick meal on the run, but not for long term without additional medication to “keep you regular.” One per person per day is not your typical calorie intake but it'll do in a pinch. Don't eat the whole thing at one sitting - crackers and cheese in the morning, entree for dinner... IF you are doing field or recovery work, plan on 3 MRE's per day. Typically MRE's are only the selection when you don't have the time or capability to prepare a meal. Some sources occasionally have good prices on current production MRE's or MRE equivalent.

Technically, the US Gov marked MRE's are illegal to possess, but I think it's at worst a misdemeanor... they are labeled as US Gov property... but lots of surplus stores sell stuff marked US Gov... so while illegal - I don't think anybody cares unless you just stole a truckload from an Army base.)

They make MRE's in clear packages for the Civilian market... same stuff, less robust packaging. BE EXTREMELY CAREFUL with MRE's from gun shows or any questionable sources -- they look just fine even if they spent the last seven years in the back of a truck. They do 'keep' very long if kept in a cool environment - and while they may "expire" they are still technically edible, they just might not be quite as yummy.

EMERGENCY RATIONS..... CONT.

Freeze dried or dehydrated “hiking” meals such as Mountain House are typically tasty due to the marketing need to make them desirable. Shopping for these, pay attention to the calories or servings – typically “one serving” is slight for a day of activity. Also be mindful of Sodium content.

Many companies make food specifically packaged for long-term storage – many up to a decade, only requiring water – but before you invest in a year’s worth of storage food, TEST your selection. After trying one brand, we discovered a need to spend significant time in one particular room in the house... you don’t want to shock your digestive system while dealing with a disaster! Whether MRE’s, Hiking or Long Term storage food, ensure you have appropriate medicine for both too slow and too fast bathroom usage with the food storage.

One possible plan could be:

- Ensure you have storage and a plan for water, including capability to boil, filter and purify if needed.
- “Lifeboat Ration” or “Millennium” bar in each vehicle. These hard, dense cake like food bars have a very long (typically five year) shelf life with little heat degradation. This is not a tasty selection – it’s a lot like gnawing on compressed sawdust or 30 year old Italian bread, intentionally made that way so you eat slowly and allow the dense food to expand in your stomach.
- Three days’ worth of MRE’s or Hiking meals in your “Go bag” or CERT sustainment kit. Include at least one meal to eat without preparation. Not the “CERT Pack”, but your personal supplies for use during either an evacuation or a deployment. Many military personnel “field strip” their MRE’s – opening the tough packaging and discarding everything but the entree and their preferred accessories and sides.
- Manage the biggest food storage shelf you can for daily use where you don’t lose food due to expiration. Be careful of investing too heavily in freezer goods as they are vulnerable to power outage.
- Obtain the quantity of long term storage foods as our budget and storage space allow. Consider purchasing smaller quantities over time – if you want a year’s supply for a family of four, buy three months’ worth, then three months later buy another... and so on such that your stores expire in sequence. If money is no object, you may focus on Hiking style meals. Note that nearly expired long term storage foods may be very welcome at homeless shelters.

Other key things to consider - Will my body process this stuff? How many calories per day? Shelf life?

Also look for a way to get something crunchy in the mix - I realize chips and Doritos don't keep very long, but eating soggy food out of a pouch for long is an issue - Look at "Pilot Bread" as one option.

Spices! Frequently long term storage foods are made for the least common denominator - so typically they aim for Kosher & Halal and nut-free and shellfish free (unless specifically labeled as something with nuts or calling out shrimp, etc...) So they wind up pretty bland. MRE's usually have a little Tabasco sauce in them - but lots of salt and pepper, cayenne, whatever you like may be useful.

Storage foods are not only a preparedness staple, but a hedge against several situations – job loss, hyper-inflation, food contamination, agricultural terrorism, stock market disturbance, quarantine to name only a few.

There are many sources for emergency rations and long term food storage. **Search the Internet and look for sales.** Warehouse Clubs a good source also. A few are:

<http://eFoodsdirect.com>

<http://beprepared.com>

<https://www.campingsurvival.com>

<http://www.nitro-pak.com>

<http://www.mypatriotssupply.com>

CALL OUTS AND DEPLOYMENTS

Fri 7/1 Hazel Park Fireworks - Safety Patrols and Traffic control to clear traffic at end of event.
Mon 7/4 Halmich Park- No Fireworks - No Fireworks patrol and close park at Dusk
Fri, Sat, Sun 7/8,9,10 MEA Festival Parking & Lights - Chase Lot parking and Prism Light for Concerts
Fri 7/8 Down Pole - 13408 St. Andrews Light pole down at intersection w/Secondary line on the ground
Thu 7/14 Down Pole - 11300 Block of Jackson
Sun 7/17 Oakland Co Family Safety Day - Static Display of CERT Command Vehicle
Mon 7/18 Traffic Lights out 11 mile And Groesbeck Truck caught utility wires
Sat 7/23 Paper Shredding City Square - CERT was called to assist and relieve PD when it was discovered the traffic volume was much more than expected.
Tue 7/19 Leason's Fundraisers - Another successful night. Look forward to seeing everyone at the next fundrasier on Aug. 13th
Sun 7/24 Warren PD & FD Open House - A great success for CERT and all the city departments & commissons that attended.

UPCOMING EVENTS

Full details available at meetings and in emails when plans are confirmed

August 10 Wednesday Active Shooter Exercise
August 13 Art Van Family Safety Day—TENATATIVE ONLY
August 16 Tuesday 4:00 PM - 8:00 PM Leason's Dairy Bar & Grill - Fund Raiser
Birthday Bash Aug 25th - 28th
 August 25 Thursday - Tacom Day - Prism Lights
 August 27 Saturday - 12:00 - 5:00
 August 27 Saturday - Laser Light Show - Prism Lights
September 10 Time TBD CERT Mock Disaster Exercise
September 13 Tuesday 4:00 PM - 8:00 PM Leason's Dairy Bar & Grill - Fund Raiser
September 24 Saturday Warren Animal Welfare Commission - Vaccination Clinic 8:00 - 2:00
September 24 Animal Welfare Clinic 08:00 - 15:00
September 24 Saturday Kmart Family Safety Day 10:00 - 4:00
September 25 Farmers Market Chef Able
October 11 Tuesday 4:00 PM - 8:00 PM Leason's Dairy Bar & Grill - Fund Raiser
October 15 Saturday 4:00 PM - 9:00 PM Harvest Treat / Trunk -N- Treat
 Candy / Item Hand-Out & Patrol (Rocks by Garage and others)
October 23 Sunday 10:00 AM - 12:00 PM Relay for Life Zombie 5K
November 12 Saturday 9:00 AM - 1:00 PM CPR/First Aid
December 03 Saturday Tree Lightning

Make sure you subscribe to the official CERT calendar for the latest information and updates.

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.

Goal for August: Make your community stronger by getting trained and getting involved.

Individuals:

It takes more than police, fire and EMS to respond to a disaster. It takes people who are committed to neighborhoods, churches, schools and volunteer organizations. When people are willing to work together for the good of others, communities are stronger.

People who are involved are the key to a disaster resilient community. They are willing and able to look out for themselves and others. A resilient community is one that can withstand a disaster and get back to normal quickly (even if normal isn't the same as it was before).

Community preparedness starts at home. If you know that your family is prepared at home, you will be better able to help others in your community.

Get Involved Tasks:

Get Involved : Connect with an isolated individual in your neighborhood or start a neighborhood organization.

Get Involved : Promote emergency preparedness in your community.

Get Involved : Become a volunteer in your community (CERT, Red Cross, Neighborhood Watch, etc.).

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

Business:

Community : Create a list of customers, suppliers and other operations which could be affected by an incident at your site.

Community : Analyze your customer base.

Community : Create a long-term diversification plan.

Read More: <http://do1thing.com/topics/biz-community>

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

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
Co-Director	Karen Carrier	586-481-4613	kcarrier@warrencert.org	
Treasurer	Michael Slupinski	586-214-4704	deploytheyak@outlook.com	kd8vdz
Secretary	Mike Rose II	586-855-1685	mrose@warrencert.org	ke8cih
Coordinator	JoAnn Christian	586-980-2055	kd8stz@yahoo.com	kd8stz
Coordinator	Renee Martinez	586-907-6583	reneemt586@yahoo.com	
Coordinator	Ryan Prouse	248-259-1226	ryanprouse68@gmail.com	kd8ygv
Coordinator	Jim Parsons	586-306-2724	jimparsons@comcast.net	kd8sua

GENERAL MEMBERSHIP MEETINGS DATES

August 6th

October 1st

November - First-Aid/CPR/AED Training **Required Class—All Members**

December 3rd

Meetings will be held at Warren Community Center on Arden and are from 09:00 to 13:00 unless otherwise indicated.

IMPORTANT INFO



The CERT team would like to thank the members of Warren City Council that participated in the event and won a \$250.00 donation for CERT. Thank You!!

Your executive board is looking for assistance. Would you like to opportunity to assist in planning, organization, or other duties to assist CERT? The board is accepting requests from members looking to get more involved with the team. Email your interest to execboard@warrencert.org

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