

# CERT NEWSLETTER

SINCE 1991

April 2013



### President's Message

By Peter Petrelis

The first of the new format monthly general member meetings was held on Thursday, March 14, 2013 at 6:30 pm in B8 with 39 CERT members attending.

Brevyn Mettler, Emergency Services Coordinator, demonstrated the CERT members' portal on the city website and encouraged members to check it often for news and to record their volunteer hours. He also talked about the Map Your Neighborhood Program and encouraged members to bring other CERT members to the April 11 Management/General meeting when he will present the program and the nine simple steps involved.

Chris Merkle, guest speaker, presented his first-hand experience working on-site cleanup after Super Storm Sandy as a member of Team Rubicon, a veterans' organization that unites the skills and experience of military veterans with first responders to rapidly deploy emergency response teams. Chris, who is a 2011 CERT graduate, also shared his experience in the January newsletter.

**Monthly CERT Member Meetings:** CERT members are invited to the monthly management/general member meetings. Effective in March 2013, we changed the meeting night to the SECOND Thursday of the month and the location to B7/B8 (next to the Council Chambers) so that we can accommodate more members. We also changed the format of the meeting to include special speakers or advanced training. The meetings will start at 6:00 pm with 30 minutes devoted to management followed at 6:30 pm by advanced training or a speaker.

**NEW FORMAT for CERT CLASSES:** The former "Save-A-Life" Saturday four classes are now scheduled over four weekday evenings from 6:30 to 9:30 pm (April 10, 17, 24, and May 1) plus one Saturday, May 4, 8:00 am to 4:00 pm. Class size is limited to 40 people and registration for the classes is now closed.

The **first class** will be April 10, 2013, 6:30 pm to 9:30 pm. Brevyn will explain differences between "graduate" and "fire department

volunteer." He will talk about hazards, earthquakes, etc. Carol Burtis and Judy Ann Morris will talk about family preparedness. Mike Reyes and Paul LaGreek will talk about home mitigation.

The **second class** will be April 17, 2013, 6:30 pm to 9:30 pm. Mike Reyes, Richard Batistelli and Mike Depin will discuss fire safety, hazardous materials, chemistry, CERT size up, fire size up, fire extinguishers and fire suppression. Brevyn will discuss CERT organization.

The **third class** will be April 24, 2013, 6:30 to 9:30 pm. The class will be on Medical Ops. Joanne Tabata, Brevyn, and a volunteer nurse will instruct.

The **fourth class** will be May 1, 2013, 6:30 pm to 9:30 pm. This class will be on light search and rescue. Ron Roth, Mike Reyes and Brevyn will instruct.

The **fifth class** will be Saturday, May 4, 2013, 8:00 am to 4:00 pm. This class will be a hands-on "drill your skills" type of class.

Upon completion of these classes, participants will receive a completion certificate signed by the mayor and be better prepared to help their family and neighborhood in the event of a disaster. Upon completion of more training, participants can become CERT Fire Department Volunteers and participate in city-wide CERT activities outside their neighborhoods. CERT Fire Department Volunteers, by taking Red Cross Shelter Training, can become members of the County Mutual Aid Program (CMAP.)

**NEWSLETTER HELP:** Opportunities exist for CERT members to help prepare and edit the CERT newsletter. If you enjoy working with a computer, we will help you learn to use Microsoft Publisher to create the monthly newsletter. Or, if you enjoy writing and editing newsletter articles, we can use your help. Newsletter team meets monthly, generally the last Tuesday of the month, 9:00 am to late afternoon or whenever we finish. Why not come by and give it a try, we need your help! Please call Peter Petrelis at 714-842-6136 for further information.



HB CERT

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CLASS 1

## Home Hazard Hunt

By Anna Pinter

### Is Your Water Heater Safely Strapped In?

By Southern California Edison

You and your household members may face a serious threat of fire, explosion, or electrocution if your water heater overturns or suffers damage to its electrical wiring or plumbing during a disaster, such as an earthquake.

For that reason, California law requires that all water heaters must be braced, anchored, or strapped to avoid falling during an emergency situation.

To safely secure your water heater and to comply with California's safety requirements, have a licensed professional install an approved restraint kit to your water heater. Kits may be found at your local home improvement store.

Learn more about water heater safety at [www.sce.com/waterheater](http://www.sce.com/waterheater).

### Safe Portable Generator Hook-Up

By Southern California Edison

Connecting a portable generator to your home's electrical wiring is dangerous and can cause serious injuries or electrocution.

Do not hook up a generator directly to an electrical panel. The safe way is to plug the electrical equipment into a portable generator using a properly sized extension cord approved by Underwriters Laboratories (UL).

If your needs require a generator to be wired directly to your home's electrical system, California state law mandates that you notify SCE. We also recommend that you enlist the service of a qualified electrician to perform the task.

For more information please visit [www.sce.com/generator](http://www.sce.com/generator).

### Utilities and Safety

Do not use matches or candles after an earthquake. You must be certain there are no gas leaks before using an open flame. Keep a flashlight beside your bed, at your place of work and in your car. Check flashlight batteries several times a year. It is important to have spare batteries and flashlight bulbs. There are many alternate forms of flashlights, to name a few: windup flashlights, solar yard lights, shake flashlights and headlamps.

Teach responsible members of your home how to turn off the electricity, propane, gas and water at valves and main switches. You may be instructed to shut off all utilities in your house. Do not turn electric lights on after an earthquake. Check for gas leaks and turn off if necessary. This is a way to prevent fires. Caution: Do not shut off gas unless an emergency

exists. A professional must restore service once the gas is turned off.

Label the water shut off valves. The main valve is found with the meter in a concrete box in the sidewalk or yard. The other valve is where the water enters the house. Pollutants can enter your home drinking water, so be sure to shut off the house main water valve so dirty water does not contaminate a valuable emergency water source.

There are many hazards during an earthquake event. The ones listed in this article are about utilities. Use these listed hazards to begin your own hazard hunt.

### Earthquake Hazard Hunt

You can search for potential hazards in your own home by conducting a hazard hunt. Foresight and common sense are what you need as you go from room to room. Use your imagination as to what would happen in an earthquake. (ie bookcases, tall furniture not fastened to walls, hallways, stairs not clear). Make a hazard list and set dates to correct hazards before an event.

### Earthquake Drill

It's important to know where you should go for protection when your house starts to shake. Plan an earthquake drill for all members of your family before an earthquake occurs. Each family member should know safe spots in each room.

Limit your movements to a few steps to a nearby safe place. Stay indoors until the shaking has stopped, and you are sure it is safe to leave.

### Drop Cover Hold

Take cover under a sturdy desk, table, bench, or against an inside wall and hold on. If you do not have a sturdy object for protection to duck, cover, and hold, cover your face and head with your arms and crouch in an inside corner of the building. If you are in bed when the earthquake strikes, stay there. Hold on and protect your head with a pillow unless there is a heavy hazard near you.

Danger spots: Stay away from windows, hanging objects, mirrors and tall unsecured pieces of furniture.

### Education

Attend classes on natural and manmade disasters in your community.

Start or join a neighborhood CERT in your neighborhood.

Learn how to prepare a "Grab and Go Bag" for all family members including pets.

More information on website: <http://www.disastersrus.org/emtools/earthquakes/fema-526.pdf>

## It Only Took a Few Hours . . . .

By Virginia Petrelis

A couple of weeks ago, during a Santa Ana wind storm in Tustin, our daughter and her husband found out that it only took a few hours to find out how unprepared they are for a disaster.

She had been out for a walk and when she got back to her neighborhood around noon on a Sunday afternoon, the street was blocked off by fire trucks and sheriff's vehicles. No one was allowed to drive in. Power lines were down on a couple of the streets. A neighbor's E-Z Up had been picked up by the wind and blown into the power lines causing the wires to break and transformers to explode. When she explained that she was a resident, a fireman escorted her past the downed wires so she could get home.

Of course there was no power in the neighborhood. It took some time until Edison came to cut the downed wires. Her husband talked to a worker who told him it would be at least 11 pm (if they were lucky) before they had electricity.

Living on the fringe of her kooky parents who spend so much time involved with CERT, she had absorbed some CERT training. She immediately put some drinks and snacks in an ice chest so they would not be opening and closing the refrigerator. That old "Princess" phone that did not require electricity still worked and came in handy.

They did have a couple working flashlights and they had also collected enough of those free Harbor Freight flashlights to have one in every room, BUT the batteries had rotted inside and they didn't work. They had no portable radio. Her smart phone died after awhile and she couldn't find the car charger.

After several hours, the neighborhood shopping center power was back online, but our daughter and her neighbors had no electricity until 5:30 am Monday morning. They had survived using his "throw-away" cell phone for an alarm clock, reading by flashlight, candles (not recommended) and warm blankets through the cold night.

The moral of this story is:

- Gather your survival supplies in one place.
- Check your batteries and store them **with** the flashlights and portable radio, but **not inside** those items.
- Know where your phone chargers are.

Are any of us completely prepared? I'm not sure, but I guess we'll find out. I just hope it's not during "the big one!"

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## Pets and Poisoning

By Anna Pinter

The following information was gleaned from the American Society for the Prevention of Cruelty to Animals (ASPCA.)

For more information on other sources of pet poisoning, including a plant list, visit the [ASPCA Poison Control Center](http://www.aspcapoisoncontrol.com) website. If you suspect your animal may have ingested a poisonous substance, call the Poison Control Center right away at (888) 426-4435 or contact your vet.

Invest in an emergency first-aid kit for your pet. The kit should contain:

- A fresh bottle of hydrogen peroxide, 3 percent USP (to induce vomiting)
- A turkey baster, bulb syringe or large medicine syringe (to administer peroxide)
- Saline eye solution
- Artificial tear gel (to lubricate eyes after flushing)
- Mild grease-cutting dishwashing liquid (for bathing an animal after skin contamination)
- Forceps (to remove stingers)
- A muzzle (to protect against fear or excitement-induced biting)
- A can of your pet's favorite wet food
- A pet carrier

About 25,000 calls to the ASPCA's Animal Poison Control Center are cases involving animals exposed to human medicines. These calls are about 40 percent of the total calls received. Pets are exposed to poisons when animals eat pills dropped on the floor, owners give the wrong medicine, animals get into pill boxes, break into cabinets and swallow pills with an attractive taste or smell. Always store medication where a pet can not reach it because, unlike children, dogs will chew through bottles and eat whatever is inside.

Ibuprofen is the most common human medicine ingested by dogs. The sweet outside coating attracts the pet and when ingested can cause stomach ulcers and kidney failure.

Tramadol (Ultram) is a very powerful animal pain medication. If the dosage is not carefully monitored, too much Tramadol can cause seizures, wobbliness, disorientation and other problems. Contact a vet if a pet shows symptoms of overdose.

Protect your pet from ten of the most common causes of in-house pet poisonings:

- Human pills
- Grapes, raisins, chocolate and other human foods
- Xylitol
- Lilies and other plants
- Certain flea and tick products
- Cleaning supplies
- Rodenticides
- Glow jewelry
- Lawn chemicals
- Paint

For more information: <http://www.aspcapoisoncontrol.com>

## In Loving Memory

By Anna Pinter



Donna Stefferud, a Charter Member of Huntington Beach CERT, passed away on March 12, 2013. Donna was born in 1937 in Philadelphia, Pennsylvania. She attended High School in Pacific Grove, California and received her nursing training at County General Hospital, Los Angeles, California. In 1958 she married Einer Stefferud (Steff) and had two children John and Kristi. Steff and Donna moved to Huntington Beach in 1976.

Donna had many interests and filled her days with many activities. She always joked with her friends, "Just say nooo!" She never learned the art of saying no. She loved camping, playing the guitar and waterfalls. Much of the last 20 years were devoted to enriching the lives of her grandchildren who were home schooled. She created history days, weather classes, taught them to paint, attended rehearsals for their plays, and joined them on many outings. She felt it was important to participate in life history such as tracking the Olympic torch run when it came to Orange County, and staying up all night to visit Ronald Reagan's casket. She loved to experience Los Angeles riding the Metro lines.

Donna was an active participant in HB CERT, and graduated with the first class of 1994. Steff graduated in 1997. She was a First Aid Team leader and organized and taught many CERT classes. Her favorite activity was moulage. She was so excited every time CERT participated in a drill and her team started at 4:00 am applying blisters, bruises, cuts and other fake injuries. Donna liked to add to the reality and the fun of every event. She was an advocate for hands-on experience to help a person educate themselves to survive a disaster.

Steff became less active in CERT and Donna

faithfully cared for her husband through a difficult struggle with Alzheimer's disease. Donna slowly became less active due to emphysema, but maintained a positive attitude, leaning on her Heavenly Father for comfort and strength.

Kristi Mills, Donna and Steff's daughter, said her mom and dad would drive along Pacific Coast Highway and look for a "5 Star Day." A five star day is when you look to the ocean and see Catalina, and then look inland and see the mountains. Donna passed away on a "5 Star Day." She loved Huntington Beach.

Donna is survived by a loving family, including her daughter Kristi and her husband Michael, grandchildren Heather, Hayden, and Jonathan. All her friends in different volunteer groups, CERT, Bridge Club and monthly Rummikub will miss Donna and treasure our fond memories.

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REMEMBERING DONNA STEFFERUD AND HER PARTICIPATION IN CERT EVENTS



Above Left: Donna and Cathy Green teaching First Aid  
Above far Right: Donna and Linda Wright



Donna, Judy Ann, and Anna at December 2012 Holiday party  
Right: Donna and Cathy teaching First Aid



Donna moulaging Barbara and moulaged "victims" ready for search and rescue training



REMEMBERING DONNA STEFFERUD AND HER PARTICIPATION IN CERT EVENTS (Continued)



Above and left: Donna and friends at Camp CERT II in 2003  
Below: Bobby Purdue's retirement party



Donna, Gloria Morris and CERT friends



**Neighbors-Helping-Neighbors**

**MISSION STATEMENT:** The mission of the Community Emergency Response Team (CERT) Program is to provide information and training on disaster preparedness; provide leadership and coordination during an emergency, and assistance to help victims recover from an emergency.

**CPR Classes**

Fire Med customers can take CPR classes for free and non-FireMed customers can take classes for a fee. Dates are listed below:

- Saturday, April 20th - 10 AM to 1 PM
- Wednesday, April 24th - 6 PM to 9 PM
- Saturday, May 18th - 10 AM to 1 PM
- Wednesday, May 22nd - 6 PM to 9 PM

To enroll in CPR classes, call 800-400-4277 or 714-556-4277. Class location is in the HB area and exact location given at time of enrollment.

**Upcoming Events**

- April 11, 2013 6:00pm Management and General meeting 6:30pm with in B7 / B8. Brevyn will discuss the Map Your Neighborhood program.
- May 9, 2013 6:00pm Management and General meeting 6:30pm with in B7 / B8.

**CERT Database**

Fire Department Volunteers (CERT members) have the opportunity to be added to the new CERT database by contacting Peter Petrelis at [pgpworks@verizon.net](mailto:pgpworks@verizon.net) to update their information.

**HB CERT Newsletter Staff**

**Proof Reading / Editing Team:**

Anna Pinter	Judy Ann Morris	Peter Petrelis	Virginia Petrelis
Art Weiland	Carol Nehls	Cynthia Goebel	

**Attention!** If you want something placed in the Upcoming Events, e-mail Judy Ann at [jamorris189@yahoo.com](mailto:jamorris189@yahoo.com)

**Disaster Preparedness Speakers Available**

It is time to schedule a Disaster Preparedness Presentation for your neighborhood, business, school, civic organization or church. This is a perfect way to introduce our "Save-A-Life" Classes to the residents of Huntington Beach. It is easy and it is FREE!

**Five Simple Steps:**

- Find a place to host an hour-long presentation given by a trained HBFD CERT Volunteer Speaker.
- Choose a convenient date and time for your group.
- Call the CERT Message Line (714-536-5974) or log on the CERT website at [www.huntingtonbeachca.gov/cert](http://www.huntingtonbeachca.gov/cert) (click on left column "schedule disaster presentation"). Please give us at least three weeks notice and we will do our best to accommodate your group.
- CERT will provide a flyer to distribute to your neighborhood or group.
- Host to provide simple refreshments to be enjoyed at the end of the meeting. Our CERT Speaker will provide all printed material and even bring a door prize for your guests.

**IMPORTANT ANNOUNCEMENT!**

**CERT Website:** [www.huntingtonbeachca.gov/cert](http://www.huntingtonbeachca.gov/cert) **CERT Contact:** [CERT@surfcity-hb.org](mailto:CERT@surfcity-hb.org)  
**CERT Message line 714-536-5974, (THIS IS A MESSAGE LINE ONLY!)**