



April 2015

HB CERT HIGHLIGHTS

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National Earthquake Preparedness Month

By Anna Pinter

April is National Earthquake Preparedness Month. Ask yourself the following questions about safety measures to protect yourself, your family and your neighborhood.

- Do you have an emergency plan?
• Do you have plans for food, water, and alternative shelter?
• Do you have supplies set aside for sheltering in place?
• Did you prepare an evacuation kit?
• Did you sign up to receive emergency alerts from the city and county?
• Have you recruited family members, friends and neighbors to sign up and attend CERT training?
• Do you know if there are any trained CERT members in your own neighborhood?

The most important thing to remember is to take care of yourself and family first.

Huntington Beach has nearly 200,000 residents. On a weekend or holiday the population can double. In the event of a disaster, so many people would need assistance that the City of Huntington Beach would not have sufficient personnel to attend to the needs of everyone in the short term.

The following website is one of many with excellent information on preparedness.

www.OCReady.org

First Aid Refresher Course

By Susan McClaran

Saturday, March 21st, CERT members "Sprung into Spring" the right way...by refreshing their First Aid skills. If you weren't there, you really missed a great opportunity. Members attended a four-hour training series of classes held at the Huntington Beach Emergency Operation Center (EOC) and taught by our First Aid Team: Chad Hicks-Beach, Linda Vollmar, Melisse Bridges, Mimi Irvin, Stephanie Deagle and yours truly.

The day started with a kickoff in the Council Chambers led by Paul LaGreek, after which members broke off into two groups and attended four class rotations. Classes

consisted of the following:

- Bleeding Control & Wound Care, led by Linda Vollmar and myself
• Treatment of Fractures--Splinting & Bandaging, led by Mimi Irvin and Melisse Bridges
• Triage, led by Stephanie Deagle and Chad Hicks-Beach

The "Grand Finale" of the day was presented in the Huntington Beach Council Chambers where, unbeknownst to the groups, we had 16 Boy Scouts acting as the "injured" and waiting to be found, triaged, tagged and evacuated. Oh what joy! What chaos! What stress! What an eye opener! And finally...what teamwork! I am happy to report that all Boy Scouts were successfully triaged, tagged and evacuated from the building.

Participants in the CERT Skills Day left with the feeling of going into action under pressure and realizing they had success due to remembering the first aid skills learned in CERT training classes. Going into action under pressure was not much fun, certainly not easy, but it was a necessity to simulate and practice what could be a real life scenario. The teams did a nice job getting things done and seemed to appreciate the stress of the situation. Many of them indicated that we need more of that type of training. CERT members not only got a recap of the overall lessons in each of the training areas, but were able to practice some very valuable hands-on first aid skills. All agreed that the importance of practice is something needed on a regular basis.

The day was fun, full of action and successful. I believe our CERT members walked away feeling "First Aid Refreshed!"

A very special "shout out" to Todd Lassig for recruiting Boy Scouts. A sincere "thank you" to those Scouts for participating and doing a most excellent job of acting. Well done, boys!

More thanks to our first-time instructors, Chad, Linda, Stephanie Melisse and Mimi. You were all AWESOME! A great BIG "thank you" to all CERT volunteers who supported the skills event and to Stephanie Vasquez, Assistant Emergency Services Coordinator. Stephanie, CERT appreciates your hard work and dedication to make the training a success.

Looking forward to next time...



Upcoming April Ham Radio License Class

Have you ever wanted to operate a ham radio? Do you know it's necessary to have an FCC Ham Radio license to do so? In the event of an emergency, ham radios might be the only means of communication. CERT has a communications team that has communicators who are trained to provide local communications for CERT teams. The upcoming free CERT class is your opportunity to have help going through the licensing book and to be tutored by experienced ham operators so you can pass the entry Level 1: Technician Class License exam.

The three-day class will be held in the EOC beginning Tuesday, April 7, 2015 for introduction and material handout:

Tuesday, April 7 from 6:30 pm to 7:45 pm

Friday, April 10 from 6:30 pm to 8:30 pm

Saturday, April 11, from 8:00 am to 5:00 pm.

The discounted cost of the study book is \$27.00 (which includes tax). The licensing test will be given the following Thursday evening, April 16, at 5:30 pm at the Rodgers Seniors' Center in Huntington Beach. The license cost is \$15. Ham radios can be purchased from as low as \$50.

The instruction (except for study book and license fee) is free for all CERT members. Call Peter Petrelis at 714-842-6136 or email him at pgpworks@verizon.net for more information or to sign up.

CERT Ham Radio Operators Work the LA Marathon

By Raji Shunmugavel

The ASICS Los Angeles Marathon was held on March 15, 2015. The 25 mile course began at Dodger Stadium and continued through the streets of Los Angeles past many famous landmarks: Little Tokyo, Chinatown, Olvera Street, Hollywood, and Beverly Hills, ending at the pier in Santa Monica. Nearly 23,000 runners from all 50 states and 55 countries participated.

Due to the record high heat of 75 degrees at 7 am, 92 degrees along the route through Los Angeles, and 87 degrees in Santa Monica, organizers had set up 24 water and aid stations. Several fire engines were strategically placed to provide runners with a cooling mist of water from hoses. Hot weather warning messages had been sent to runners and volunteers. The volunteers were encouraged to bring extra food and hydration supplies to deal with the heat. Volunteers were issued official blue marathon t-shirts and IDs. These credentials were very important for working a large crowd.

Jim Hansen, Huntington Beach RACES/CERT member, invited CERT ham radio operator, Raji Shunmugavel, to fill in for another RACES member who was unable to attend. She welcomed the opportunity to practice her communication skills in a different location in the midst of the historic marathon.

Raji worked as a water station volunteer on mile 18 on Santa Monica Boulevard where her primary duty was to provide any necessary communication from the Water Station Captain to NET Control. Water station 18 has

been supported by a group of Indian volunteers for about 15 years.

After the last runners passed mile station 18 on the street, the police directed the "slow" and "dropped" runners to use the sidewalk. The volunteers of mile 18 enjoyed a delicious Indian meal cooked by the volunteer families. After the street sweepers came and the streets were clean, the volunteers were released. In addition to the volunteering experience, Raji enjoyed the hospitality of families with the same cultural background.

Most of us don't think about ham radio operators working at events such as the LA Marathon, but they are working such events throughout the world. If we should have a major disaster, ham radios may be the only means of communication. It's important that ham radio operators practice programming their radios, participate in the weekly CERT net, attend various radio club events and keep their skills up-to-date in order to provide support and reliable communication needed by the public.

Spring Forward

By Anna Pinter

In the month of March we change to daylight saving time and the season changes to Spring. An old saying taught to many of us by our parents, grandparents and teachers is "Spring Forward and Fall Back". Did you realize these changes are great reminders for us to refresh our "Grab and Go Bags" and all emergency supplies? **If you have not checked your supplies, it is not too late.**

Check your medications and all the perishables you have set aside for a disaster. Do not forget your "Grab and Go Bags" for seniors, school age children, infants and pets. Check all perishables such as medicines, food and water for expiration dates. It is necessary to make sure the clothing in your bags still fit youngsters.

Next check all batteries. If you have a family member with special needs using any equipment in your home, check all working parts and batteries. Flashlights may need new batteries and light bulbs. Inspect fire and CO2 alarms. If you have a ham radio, make sure the equipment is in good working order and the batteries are fully charged. Many devices need to be checked often to assure their efficiency daily or during a disaster. If you have a supply shed for preparedness, it is equally important to refresh those supplies too.

The above suggestions are offered to remind you of some of your most important disaster preparedness supplies. Since each person's needs are different, supplies should be tailored to fit the needs of your household and neighborhood.

When the clocks are changed, use "Spring Forward and Fall Back" as a reminder to check and update your emergency supplies and this will give you a head start on being prepared.

Consider attending CERT training classes and help establish a CERT in your neighborhood.

Six Tips to Prepare for Blackouts

From the National Preparedness Community
www.community.fema.gov

How do we prepare for blackouts?

1. Follow energy conservation measures to reduce electricity usage which can help power companies avoid imposing rolling blackouts.
2. Fill plastic containers with water and place them in the refrigerator and freezer. When freezing the containers, leave about an inch of space inside each one to allow for expansion. Chilled or frozen water will keep food cold during a temporary power outage.
3. Be aware that most medication that requires refrigeration can be kept in a closed refrigerator for several hours without a problem but, if unsure, check with your physician or pharmacist.
4. Keep your car gas tank at least half full since gas stations rely on electricity to power their pumps. Know where the manual release lever of your electric garage door opener is located and how to operate it. Garage doors can be heavy, so know that you may need help in lifting it.
5. Keep a key to your front door with you if you regularly use the garage as the primary means of entering your home. During a power outage, the garage door will not open.

2015 Tsunami Week and the 2nd Annual Huntington Beach Tsunami Walk

By: Stephanie Vazquez

From March 23rd to March 29th California observed Tsunami Preparedness Week. The objective of Tsunami Preparedness week was to educate coastal communities of the reality of a tsunami affecting our beautiful sunny state and to inform the community at large what to expect during a tsunami advisory, tsunami warning and where to evacuate in the event of a tsunami.

The city of Huntington Beach has taken numerous precautions to prepare for the event of a tsunami. The city currently houses and maintains eight sirens which are tested the first Friday of every month at 1/5 of the volume. Huntington Beach also partners with the Orange County Transportation Authority (OCTA) should the need for mass evacuation along the coast arise. In addition, The City of Huntington Beach works closely with the National Oceanic Atmospheric Administration (NOAA) and the U.S. Geological Survey (USGS) in planning and monitoring for a tsunami.

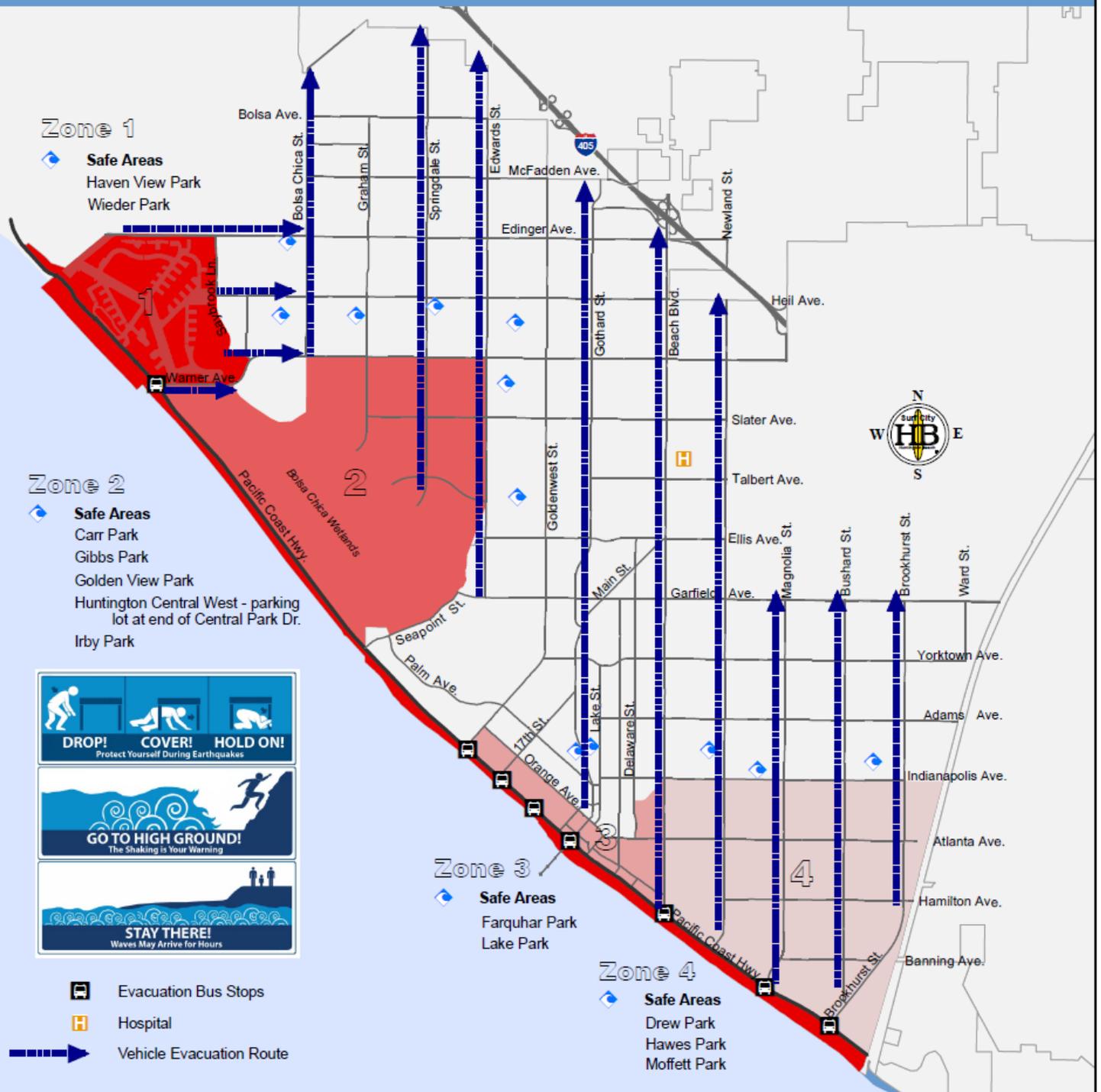
During a tsunami advisory, residents of Huntington Beach will be made aware of the potential to be affected

by a tsunami and are told to stand by for additional information and encouraged to tune into 107.9 K-WAVE. Conversely during a tsunami warning, impact areas of the tsunami will be asked to evacuate to the nearest safe zone. Tsunami safe zones are located throughout the city and can easily be reached by individuals in the tsunami inundation zone by foot. Please make sure to refer to the tsunami map on the next page to see if you are in a tsunami hazard zone and what your nearest safe zone would be.

On Thursday March 27th Huntington Beach participated in their second annual Tsunami Walk. The Tsunami Walk encouraged local residents to practice their tsunami evacuation route. Students from Isaac Sowers Middle School participated in the 2015 Tsunami Walk as well as local residents. Volunteers from Huntington Beach CERT as well as representatives from California Emergency Management Agency (CalEMA) and the USGS were present to hand out information and answer questions regarding the threat of a tsunami to Huntington Beach.

To learn more about Tsunami and Tsunami preparedness please visit: <http://www.tsunamizone.org/>

Tsunami Evacuation Routes



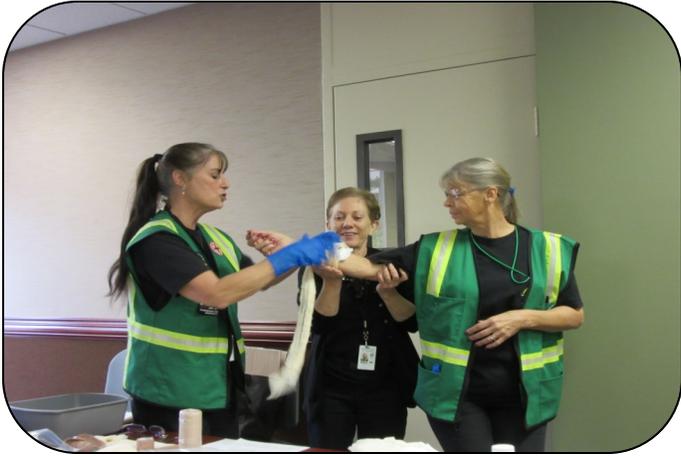
What do I need to know?

- Know if you live, work or play in the Tsunami Evacuation Zone, and determine whether you will drive, bus or walk to safety.
- If on foot, the city has identified several parks (safe areas) outside of the zone.
- The listed bus stops are Transportation Assembly Points.
- The National Tsunami Warning Center will issue the following notifications:
 - Watch:** Danger level not yet known - Information to follow
 - Advisory:** Strong currents likely - Stay out of water
 - Warning:** Tsunami imminent - Evacuations recommended

What do I do?

- If you are on the beach and feel an earthquake that lasts more than 20 seconds, immediately move inland or to high ground.
- If you hear the sirens, and it is not the 1st Friday of the month, tune your radio to 107.9 KWVE.
- If a tsunami warning has been issued, follow the instructions from public safety officials and immediately evacuate.
- For more information visit:
 - www.huntingtonbeachca.gov/preparehb
 - www.ReadyOC.com
 - www.tsunami.noaa.gov

March 21, 2015 First Aid Refresher Training Course



March 21, 2015 First Aid Refresher Training Course (continued)



March 21, 2015 First Aid Refresher Training Course (continued)



March 21, 2015 First Aid Refresher Training Course (continued)



March 21, 2015 First Aid Refresher Training Course (continued)





Radio Operators at Mile 18



Volunteer Staff at Mile 18, providing Water to Runners



Street Sweepers On The Ready!

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.

Upcoming CERT Events & Activities

- Ham Radio License Class April 7, 10 & 11, 2015 see article on page 2
- CERT Basic Training Class Series, first class April 8, 2015 , 6:00pm in City Council Chambers. CERT members who want to repeat this training Email Stephanie, **do not sign up on the website.**
- CERT General membership meeting, 6:30pm April 9, 2015 in B8
- CERT General membership meeting, 6:30pm May 14 2015 in B8

Volunteers in Action

- CERT member Stephanie Deagle encourages fellow CERT members to join her at the Huntington Beach Relay for Life, April 25th in Central Park. The event will be from 9:00am-9:00pm. She hopes to see her fellow volunteers support Huntington Beach Relay for Life.

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 11, 10:00 am – 1:00 pm
- Wednesday, April 22, 6:00 pm – 9:00 pm
- Saturday, May 9, 10:00 am – 1:00 pm
- Wednesday, May 27, 6:00 pm – 9:00 pm
- Saturday, June 13, 10:00 am – 1:00 pm
- Wednesday, June 24, 6:00 pm – 9:00 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.

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IMPORTANT ANNOUNCEMENT!

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