



# CITY OF HUNTINGTON BEACH CERT NEWSLETTER

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## HB CERT HIGHLIGHTS

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### Huntington Beach Police Department

Save the Date-January 6, 2015

The Huntington Beach Police Department (HBPD) invites the community to a 'Use of Force' presentation at the Huntington Beach Central Library on Tuesday, January 6, 2015 beginning at 6:30 p.m. This community meeting will last about two to three hours. In light of all the national debate about police use of force, we will be discussing how HBPD and other law enforcement agencies train and equip their officers to serve and protect their communities. The material will be presented by HBPD Chief Robert Handy and Lieutenant John Domingo.

Some of the topics that will be covered during the presentation include:

- What is force and when can it be used
- The legal authority to use force
- The perceptions, myths and realities regarding less lethal and lethal force
- Force techniques, devices, weapons and their effectiveness
- In-custody deaths and excited delirium
- Law Enforcement and the 21st Century

### **"Do One Thing"**

*By Virginia Petrelis*

While trying to come up with interesting preparedness ideas for the CERT Newsletter, I came upon "Do 1 Thing in 2013" on the Center for Disease Control (CDC) information website. If you don't already have an emergency plan, here are some excerpts from the article on how you can get started in 2015.

This year, make a resolution you **can** keep. Commit to improving your preparedness skills and resources for emergency situations. The idea of preparing for an emergency may seem like a daunting task. Some shrug and assume that emergency responders will be there to save the day. The truth is, when disaster strikes, emergency responders are slammed with calls for help. It may be left up to you. Be ready and prepared to help yourself, your family, and your neighbors.

Start small. After witnessing people continuously fail to prepare for emergencies, the founders of the Lansing, Michigan "Do 1 Thing" program, emergency management specialist Ronda Oberlin, program planner Erika Mahoney, and disaster services director Rachelle Wood decided to research **why** people do not prepare: "People are overwhelmed by the process of becoming prepared. Being prepared for disasters and emergencies can seem like a big job," says Oberlin. "Many people don't know where to start, so they never start at all." Do 1 Thing was created to address these barriers by providing small steps in preparedness that can make a big difference in an emergency. People can jump in and start the program at any time.

Do 1 Thing focuses on a different aspect of preparedness each month. Do what you can. Each month, Do 1 Thing lists various ways you can tackle the monthly goal. Making an emergency plan is the first step for January. This can include where to shelter during a natural disaster, evacuation routes, designating a family meeting place outside the home, and where to meet up if your neighborhood is evacuated. Planning each step and practicing emergency drills will help you and your family be more confident when a real emergency occurs.

Other monthly topics include making a first aid kit, stocking up on food, and making an emergency kit. Users can also choose from a variety of financial options for each topic, including low or no-cost choices. By giving low or no-cost options, Mahoney says it makes the process less overwhelming for families.

Steve Lehman, of Clinton County Emergency Services, tells CDC that Do 1 Thing is unique because you don't have to do everything all at once. "Do 1 Thing gives you an easy, accessible way to accomplish being prepared without much effort," says Lehman. The overall goal of this program is to create a more disaster-resilient community by empowering individuals to understand the risks and take action through realistic, achievable, preparedness goals.



**CLASS 1**

"Do One Thing" (continued from page 1)

To learn more about the Do 1 Thing project, visit the [website](#) and sign up to track your progress or follow @Do1ThingUS on Twitter for daily tips. *Do1Thing has been recognized by CDC's Office of Public Health Preparedness and Responses' (OPHPR) Learning Office and the CDC Foundation* as a community effort that reflects and embodies FEMA's Whole Community approach to emergency management.

For more information, go to <http://blogs.cdc.gov/publichealthmatters/2013/01/do-1-thing-in-2013/>

Follow the CDC on Facebook:  
CDC Emergency Preparedness and Response

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## **Drought News in California**

*By Anna Pinter*

There is good and bad news on the California drought. The good news is recent rain has made a small dent in the severe precipitation deficits in the state. The bad news is most of California is in a drought so intense, studies of the growth rings of California trees show it could be the worst dry spell in the past 1,200 years. California's drought has been building for over three years. In the heat of the year 2014, because of increased evaporation and the water demands of California residents, the supply of water was severely diminished.

With so little water in above-ground reservoirs, residents used precious water stored by nature underground. The Central Valley has lost enough ground water to fill Lake Mead, the largest reservoir in the country. Lake Shasta, the state's biggest reservoir, has declined markedly over the past three years. The American Geophysical Union of San Francisco reported on a NASA satellite analysis revealing the state has lost 11 trillion gallons of groundwater since 2011.

The series of rain storms around Thanksgiving brought rain and snow to some mountains. The storms so far have been warm and dumped a lot of rain instead of snow. When warm rain falls in large amounts in a short period of time much of the water is lost in runoff and flooding. Recently lower elevations of Northern California were drenched with more than 10 inches of rain.

Snow dropped over the Sierras creating a snowpack that will melt slowly this spring and summer sending water trickling into streams, rivers and reservoirs. Water from snowpacks will help the state's residents and agricultural industry. This is a promising start to a winter when California may have more rain.

Weather experts have predicted it will take California years to fully recover from this severe drought. Underground water, which had been building up for hundreds of years, will take many years to replenish to its previous level. The obvious conclusion, the key to ending the drought, is for the storms to keep coming all winter. Hopefully, the mountainous areas will receive more snow than rain and the snowpack will melt slowly, helping to replenish our water supplies.

**Water conservation remains very important.**

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## **CERT Holiday Party**

*By Virginia Petrelis*

A great time was had by approximately 50 members and guests who attended the party held at Rodgers Seniors' Center on December 13. Members prepared delicious dishes for the pot luck dinner. A fun time was had during the gift exchange as the gifts were opened and later stolen among the members.

Thanks to our event coordinator Paul LaGreek, to Billie Brandon for her usual outstanding provisions of table décor and punch, and to Judy Ann Morris who reserved the Senior Center for us.

Additional thanks to all who helped set up and clean up, and especially to all the wonderful cooks.

See the pictures at the end of this newsletter and in the February newsletter.

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## **What happens when a passenger gets sick at 30,000 feet?**

Excerpts taken from AOL Travel by Terry Ward

Think being seasick is a nightmare? Consider falling ill while you're on a plane several hours from landing, with no doctor onboard.

Every day, passengers from all walks of life are struck with illnesses while traveling on commercial flights -- with issues ranging from intoxication-related symptoms to viruses, anxiety attacks, heart attacks and everything in between.

The good news? Airline crews are trained to deal with these situations. You actually have more access to medical attention onboard an airplane than you do on a bus or any other means of public transport. All flight attendants go through basic training for CPR and are also being trained in the use of automated external defibrillators (AEDs). However, their protocol is always to ask if a medical professional is onboard. First aid kits of a basic and advanced variety are available on all planes. Basic kits contain things like bandages and aspirin that flight attendants can readily administer. Captains also have access to advanced medical kits with items like insulin injections and allergy medications that can be released to medical professionals onboard (doctors, nurses, EMTs, etc.) for treating passengers in flight.

Thanks to contracts that airlines have with medical professionals on the ground, pilots can be in constant contact during the flight to get advice when dealing with an ill passenger. The airlines do have physicians that are always on call. Even if there's not a doctor actually on the airplane, the captain can be in constant contact with them to relay symptoms.

If a passenger gets ill to the point of needing immediate medical attention, like a heart attack, the pilot will get priority handling from air traffic control to get the aircraft on the ground and have an ambulance meet it.

To read the complete article, go to: [news.travel.aol.com/tag/sick+airline](http://news.travel.aol.com/tag/sick+airline)











**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, January 10, 10:00 am – 1:00 pm
- Wednesday, January 21, 6:00 pm – 9:00 pm
- Saturday, February 7, 10:00 am – 1:00 pm
- Wednesday, February 18, 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.

**Upcoming Events & Activities**

- ‘Use of Force’ presentation at the Huntington Beach Central Library on Tuesday, January 6, 2015 beginning at 6:30 p.m. by the HB Police Department
- CERT General membership meeting, 6:30pm January 8, 1025 in B8

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**HAPPY HOLIDAYS FROM BREVYN, STEPHANIE AND THE NEWSLETTER TEAM**

**IMPORTANT ANNOUNCEMENT!**

**CERT Website:** [www.huntingtonbeachca.gov/cert](http://www.huntingtonbeachca.gov/cert) **CERT Contact:** [CERT@surfcity-hb.org](mailto:CERT@surfcity-hb.org)  
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