



# CITY OF HUNTINGTON BEACH CERT NEWSLETTER

SINCE 1991

June 2014

## HB CERT HIGHLIGHTS

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**CLASS 1**

### President's Message By: Mike Reyes



May was an active month for Huntington Beach CERT as they provided the 21-hour basic disaster preparedness training to more than 30 Huntington Beach residents.

The basic disaster preparedness training course provides information on family and workplace preparedness, safe fire suppression, light search and rescue, disaster medical operations and information on CERT's function within the City of Huntington Beach. The course ends with a "Drill Your Skills" exercise that challenges participants in their newly acquired disaster preparedness skills. I congratulate those who completed this year's course, and a big thanks to the CERT instructors and CERT members who made the exercise a total success.

As we enter into the summer months, Huntington Beach CERT will be an extremely active organization. HB CERT is always ready, willing and able to complete its mission, whether it be teaching Ham communications, alternative cooking, marching in the July 4<sup>th</sup> parade, or providing medical ops in August at the US Open of Surfing.

Get Involved...It is important to read the activity calendar for upcoming events and to find out how to become more involved in serving your community.

During the first class, Brevyn Mettler introduced the HB CERT program and the Executive Board. He taught personal preparedness including an in-depth look at hazards in our community. The second class covered Fire and Search and Rescue co-taught by Brevyn and Mike Reyes. The third class was about Disaster Medical Operations and Triage. This was an exciting night as the First Aid Team, led by Susan McClaran, demonstrated and guided the class in first aid exercises. The students really enjoyed this course and were eager to learn more! The fourth class was moved to the Emergency Operations Center (EOC) due to a computer malfunction in the classroom. The students were thrilled to learn about the EOC and how the City operates in disaster. This evening included Disaster Psychology, CERT Organization and the kick-off facilitators training of "Map Your Neighborhood!"

Saturday, May 17, was the CERT Basic Training Drill Day. Thirty-five students arrived at Fire Department Gothard Training Center early in the morning. The students were divided into teams of seven and rotated through five learning stations including communications, first aid, fire suppression and more. A great job of time keeping and rotation was done by the Color Team (communications). The Fire Department gave a demonstration on cribbing and let the students lift a 500 pound slab of concrete. A mother and her 14 year old daughter were surprised to see how they could work together to move the concrete!

While the students ate lunch, volunteers were hard at work learning moulage from Billie Brandon and Virginia Petrelis. The victims' injuries were so real that a photo posted on Facebook by one volunteer victim received a check-up call from a family member! The afternoon included Search & Rescue and Triage scenarios. The teams learned to work together under stress and most importantly that they can help their neighbors in an emergency.

### CERT Basic Training Spring 2014

By **Erin Concas**,  
**Assistant Emergency  
Services Coordinator**



This year in Huntington Beach CERT Basic Training started in April. The five class series included four Wednesday evenings and an all-day drill on Saturday. The first class

was attended by 47 students, with 44 of them new to CERT.

## **Announcements**

Summer is almost here and we have a plethora of training opportunities and events in store for CERT Members.

Don't forget to check the CERT Portal for updates regularly. <http://www.huntingtonbeachca.gov/government/departments/fire/cert/cert-members-login.cfm>

### **Upcoming events and training:**

#### **General Members Meeting**

Thursday, June 12, 2014, 6:30pm Civic Center B8  
Learn about the Red Cross Emergency Response Vehicle and take a tour! Includes dinner **RSVP required**. Please RSVP on the portal or email Erin at [erin.concas@surfcity-hb.org](mailto:erin.concas@surfcity-hb.org) if you cannot access the portal.

After the Red Cross presentation, stay to watch a video of Dr. Lucy Jones' discussion on tsunami risk in this area. Refreshments will be provided!

#### **Amateur Radio License training**

June 13 6pm-9pm, June 14 8am-5pm, June 15 930am-3pm in the EOC, **Study Book \$20**

**Email Peter at [pgpworks@verizon.net](mailto:pgpworks@verizon.net) to sign-up**

**Amateur Radio FCC License Test June 19, 5:30pm**

**Email [pgpworks@verizon.net](mailto:pgpworks@verizon.net) for info**

#### **Alternative Cooking in the Park Training**

Saturday, June 21, 8:30am at HB Central Park  
Learn how to cook in a cardboard box oven and the best way to extend the life of your food in a disaster. Cook breakfast pizza and other recipes, including vegan and diabetic. Look at the enclosed flyer!

**RSVP:** by June 6 to Peter at [pgpworks@verizon.net](mailto:pgpworks@verizon.net)  
\$7 per person ages 14 and up, FREE for 13 and under.

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## **Fireworks Safety**

**By Anna Pinter**

Summer brings picnics, barbecues, parades and fireworks displays, especially around the 4th of July. Summer also brings an increase in injuries from backyard grills, bonfires and fireworks. Nationwide, in 2010, fireworks caused an estimated 15,500 reported fires, including 1,100 structure fires. These fires resulted in an estimated 8,600 people treated in emergency rooms for fireworks-related injuries, 39 percent of whom were under 15 years of age.

State approved fireworks were recently made **illegal** again after the City of Huntington Beach had legalized them during a two year trial period, 2012 and 2013. During that time, safety officials confiscated about 300 pounds of illegal fireworks.

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## **Summer Travel – Condensed from “Be Prepared with Road Trip Planner”**

**By Samantha-Rae Tuthill, AccuWeather.com Staff Writer**

You and your family are packed into your car, heading out of town for a much-needed vacation to kick off the summer. The skies were clear when you left home, but

after a few hours the skies over the interstate are turning dark and ominous. Suddenly, rain starts pouring down in buckets and you can hardly see. A flashing road sign instructs drivers to turn to the highway's emergency radio station. A severe thunderstorm warning, complete with quarter-sized hail and exceptionally high winds, is being issued for several counties in the area. As you're from out of town, you have no idea what county you're in. Is your family heading into the path of severe weather, or is this cloud burst all that you'll see?

When planning for a summer vacation, people often think to check the weather at their destination so they know how to pack and what kind of activities to prepare for. Those traveling by plane will often keep an eye on the forecast and will follow a flight tracker to make sure they'll still be leaving on schedule. How many people think to track the weather along their road trip? Many may look at a national summary forecast to get a gist of their route's weather, but they may not always know the specifics. Who knows what counties they'll be going through, what the weather will be like at what time or where they can stop if the weather gets too bad?

One way to help you plan ahead is the AccuWeather.com Road Trip Planner. Using directions by Google Maps, Road Trip Planner allows you to not only enter your start and end points to get detailed driving directions, you can also pick the time you are leaving to see hourly weather forecasts along your route.

You can also monitor the weather in your region on your smart phone with an AccuWeatherapp. It's always important to keep some kind of cell phone on you when you travel. If you get stuck or stranded you need to be able to call for help.

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## **In Memory of Dr. Thomas J. Cooper**

**December 18, 1935 – April 15, 2014**



Tom Cooper was a long time CERT member. Over the years, he served on many teams. Most recently, he'll be remembered as a member of the Ham Radio Color Team, helping with the rotation of student groups during training.

In his professional life, Tom worked at Cypress College as the Dean of Student Activities, Counselor, and Matriculation Officer for over 35 years. He also served on the Huntington Beach Parks and Recreation Commission for 19 years and he hosted the local HB TV program, “Reflections of Former Mayors” for a number of years.

We send our condolences to Tom's family. He will be missed.

## **John Wayne Airport Drill 2014** **By Richard Batistelli**

John Wayne Airport (SNA) conducts a full-scale mass-casualty drill every three years, as required by the Federal Aviation Administration. The purpose of the drill is to test and practice the operational capability of the Airport's emergency management system in a real-time environment.

This was my fourth large scale disaster drill, three at John Wayne, the local airport, and one at the train depot at Angel Stadium. The most recent, John Wayne 2014, was very well planned and executed. Fire equipment, helicopters and emergency vehicles from private, city, county, state and federal jurisdictions were utilized. The simulated airplane disaster was excellent training for a "real event." It included 75 to 100 volunteers who were each assigned a role, including a name, age and medical condition, as a result of this accident. The volunteers included CERT volunteers and local citizens. We were told to role play as if this was "the real thing" so that the "first responders" could get the feel for such an accident.

The theme for this airport drill was the collision of a passenger jet and a small aircraft which could be very possible at this multi-use facility. Since no airline on site wanted their property damaged in this exercise, three OCTA buses simulated the passenger jet and were positioned with a small damaged propeller plane. Smoke was created around this "theater of the mind," and the show was on. As the sirens howled and smoke billowed around the victims, water from the airport fire trucks sprayed the unfortunate survivors. As I was part of the "walking wounded" group, we followed the paramedics to the intake tent, where we were questioned as to our immediate medical needs. We were then escorted into the terminal building where we were visited by disaster mental health specialists from the American Red Cross and Orange County Mental Health. Finally, we were interviewed by Delta Airline employees about our travel plans, contacting family and friends waiting for us, or helping with our other needs. Our small group subsequently completed our part of the drill, and were given lunch.

The last part of the exercise, disaster mental health, was all new to me. Prior to this year's event, all volunteers were given a t-shirt, a thank you, and sent on their way when the fire departments finished treating their injuries. The subject of mental health was professionally approached and very well executed. I understand that Delta Airlines flew several disaster teams into John Wayne for this training. The mental health employees from the County of Orange and the disaster mental health volunteers from the American Red Cross did a great job of interviewing the "survivors."

I cannot address the activities on the tarmac outside, but from my vantage point inside the terminal, all disaster agencies responded well to this simulated airport disaster. I look forward to my next "training" disaster.

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## **The Adventures of a First Aid Trainer** **By Susan McClaran**

"But I'm a banker, not a medic! Surely you have someone more qualified than me to teach First Aid?" Those were the words and the thoughts spilling out of me when I was first asked to teach a First Aid class. I had started out wanting to help our First Aid Team Leader, Joanne Tobata, but never imagined that I would be asked to lead a class. Of course I was nervous and unsure if I could pull it off successfully, but everyone else around me seemed to think I could.....and then a light bulb went on.

I am a banker and not a medic. I am the average Joe who is going to be out there helping my neighbors when there is no doctor or nurse around. I am the volunteer with only the skills I have been taught through my CERT training. I need to do this, to show everyone, that anyone can do this by putting to use the lessons that we have learned. I can do the best that I can and that is all I can do....my mantra every day, no matter what I am doing.

This last Drill Day was such a great time with everyone and it was really exciting to see such a wonderful group of people with a passion to get out there and help others. My plan was to keep it simple (I love life to be simple), bullet point the important pieces, have lots of hands on, and most importantly... be me.

It was not difficult at all, in fact, it was a blast! Everyone was having a good time reviewing and asking questions and having a chance to practice the lessons they had learned. That afternoon, Triage proved to be a real eye opener for everyone. I think we all realized just how stressful it can be when you are torn on what to do first and who to show more attention to and what tag goes on who.....oh yeah, and don't forget to document....whew! We also had to deal with the tragic fact that we had an infant with a fatal wound. Each group had to deal with the sad thought that this was something that they could potentially face. Our "live" victims played their parts well and a special "shout out" needs to go to each of them for being dragged, carried, splinted, bandaged and everything else that goes along with the territory!

Lastly, a very, very special "Thank You" to the volunteers who assisted me. You know, no one does what we do alone....it's always a Team. So, "Thank You" Billie, Heidi, Mimi, Stephanie and Steve for coming to the rescue of this First Aid Leader. You are all so very AWESOME!

I would encourage everyone to please look into the upcoming "Train the Trainer" series. Step out onto the limb....take a dive...get out there and make a difference! Teach a class. It is really rewarding to have people look at you and say "you just taught me something of value".

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## **Summer Safety**

**By Anna Pinter**

Summer brings on family fun, travel, beach, lakes, rivers, swimming pools, 4<sup>th</sup> of July playgrounds, bikes, bugs, weather related dangers, travel and many more activities in which we participate more often in the summertime. Water is everywhere. Water in the home, swimming safety, and boating safety are the three main categories. Drowning is the third leading cause of death to children between one and four years of age.

### **Tips for water safety in and around the home**

Learn to swim.

- Never leave a child unattended in or around water.
- Swimming pools and Jacuzzis always need an adult guard to prevent drowning. Stay Alert.
- Put the cell phone away and give young children 100 percent of your attention when they are in or around water.
- Never expect a child to yell for help as sometimes children drown silently.
- Empty all buckets, containers and wading pools immediately after use.
- Keep toilet lids closed and use toilet seat locks to prevent drowning.
- Keep doors to bathrooms and laundry rooms closed.
- Learn CPR.

### **Tips for water fun away from home**

- Learn to swim.
- Take a friend along even if you are a good swimmer.
- Know your limits: do not get too tired, too cold, too far from safety, too much sun, too much strenuous activity.
- Swim in supervised, watched areas and pay attention to all signs and follow the warnings.
- Wear a life jacket when boating, jet skiing, water skiing, fishing, or rafting.
- Stay alert to the currents which can change quickly.
- Keep an eye on the weather. Watch out for lightning and dark clouds.
- Be careful; pushing and shoving can easily get out of hand.
- Do not dive in shallow water.
- Do not float where you cannot swim. Keep checking the water and make sure it is not too deep, too far from the shore or poolside.

### **Tips on Mother Nature**

- Look for signs warning you the water is polluted. Dirty water can make you sick.
- Keep clear of objects in the water like water plants and animals.
- Protect yourself from the sun. Rub on some sunscreen to help from suffering the results of burning rays reflecting from the sand and water.

### **Tips on Boating and Jet Skiing**

- Check the state rules as to how old a person must be to drive a boat or jet ski.
- Stay Alert! Keep a lookout for other boats, jet skiers, water skiers, divers and swimmers.
- Always drive at a safe speed.
- Do not ride with a driver who has been drinking.
- Practice what to do if a person falls out of the boat.

### **Tip on Surviving Hot Weather**

- When your body is exposed to more heat than it can handle you can become ill.
- Anyone not accustomed to hot weather is at risk of suffering heat stroke.
- Other problems are common when you stay in the sun too long-- sunburn, heat exhaustion and heat cramps.
- Stay out of the sun for extended periods of time and drink liquids, especially water.

**Many times staying safe is a matter of using your common sense.**

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HAND ONLY CPR , MAY 8, 2014

CERT BASIC TRAINING, FIRST WEDNESDAY NIGHT CLASS, APRIL 23, 2014



04/23/2014



04/23/2014



04/23/2014



STUDENTS AT THE MAY 17, 2014 CERT BASIC TRAINING, DRILL YOUR SKILLS CLASS



STUDENTS AT THE MAY 17, 2014 CERT BASIC TRAINING, DRILL YOUR SKILLS CLASS



STAFF AT THE MAY 17, 2014 CERT BASIC TRAINING, DRILL YOUR SKILLS CLASS



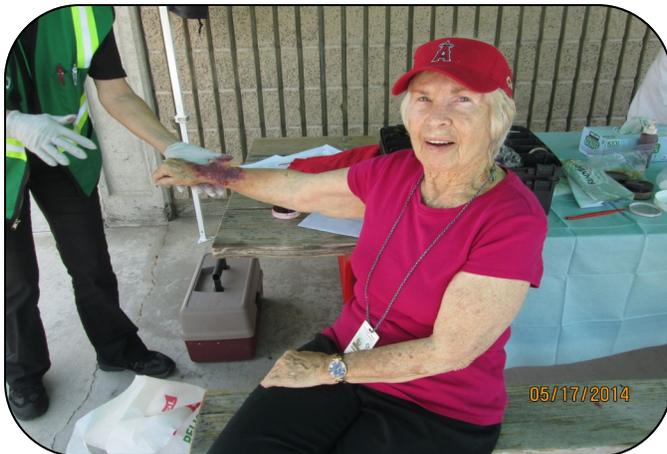
**STAFF AT THE MAY 17, 2014 CERT BASIC TRAINING, DRILL YOUR SKILLS CLASS**



**MOULAGE VOLUNTEERS AT THE MAY 17, 2014 CERT BASIC TRAINING, DRILL YOUR SKILLS CLASS**



MOULAGE VOLUNTEERS AT THE MAY 17, 2014 CERT BASIC TRAINING, DRILL YOUR SKILLS CLASS



SCENES FROM STUDENTS IN CLASSES AT THE MAY 17, 2014 CERT BASIC DRILL YOUR SKILLS TRAINING

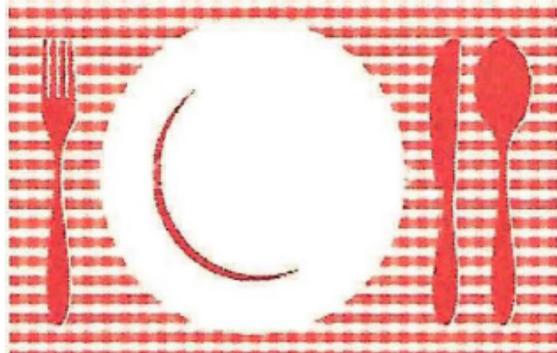


SCENES FROM STUDENTS IN CLASSES AT THE MAY 17, 2014 CERT BASIC DRILL YOUR SKILLS TRAINING

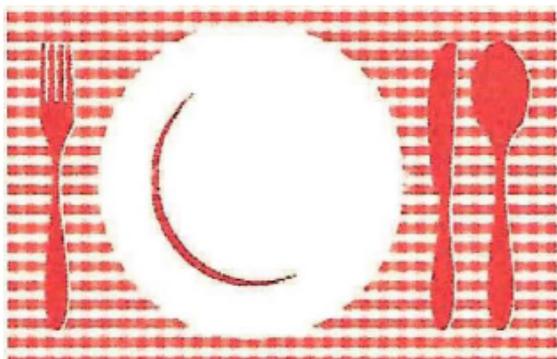


## 2nd Annual Alternate Cooking In Central Park June 21, 2014

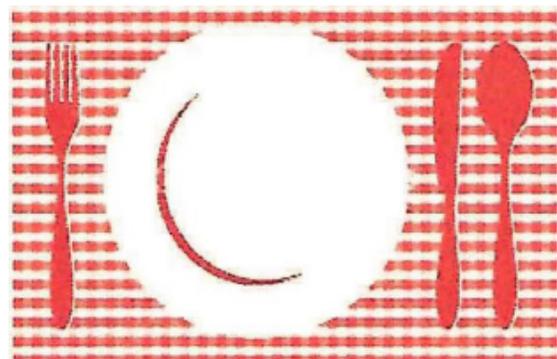
Join the CERT cooking team for lunch



You will do hands-on disaster cooking



Cook food without gas or electricity



RSVP: to Peter Petrelis at [pgpworks@verizon.net](mailto:pgpworks@verizon.net)  
by Friday June 6, 2014 (earlier so can determine  
purchases). Please indicate how many persons will  
be attending and any that are age 13 or younger.

**COST \$7.00 a person when you arrive  
Children 13 yr and under free**

**DISASTER LIVING EXPERIENCE  
In a disaster, the sequence of  
food consumption should follow:**

1. Out of refrigerator (since food will lose temperature and spoil first)
2. Out of freezer (freezer will hold temperature for awhile if not opened)
3. Out of cans or boxes
4. Dehydrated foods

**In general, our recipes will cover  
each of the above categories**

### **EVENT SCHEDULE**

8:30 am arrive, pay and register at  
Talbert Meadow in HB Central Park

You will select one of the six teams for a  
hand-on experience cooking without gas  
and electricity

9:00 am you will cook breakfast pizza in  
a cardboard box oven

Finish breakfast and cook lunch with  
Dutch ovens, box ovens, butane and  
solar oven

Enjoy baking fresh bread, sampling  
many different main meal recipes from  
the 4 above categories plus vegan recipes,  
cake, cobbler, homemade ice cream  
diabetic cookies and solar baked cookies

**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 Events**

**SEE PAGE 2**

**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, June 14 - 10 AM to 1 PM
- Wednesday, June 25 - 6 PM to 9 PM
- Saturday, July 12 - 10 AM to 1 PM
- Wednesday, July 23 - 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.

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**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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