



CITY OF HUNTINGTON BEACH CERT NEWSLETTER

SINCE 1991

March 2015

HB CERT HIGHLIGHTS

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Welcome New CERT Members!

Congratulations to the following new members who were inducted at the February 12, 2015 CERT general meeting: Daniel Balza, John Bishop, Nancy Grijalva, Jane Horsfield, John Muse, Robert Parker, Karen Robinson, Ken Robinson and Maria Young. Brevyn Mettler, Emergency Services Coordinator, administered the oath to everyone in attendance and celebratory cake was served.

March 21st, 2015 CERT Skills Day Training:

Do your First Aid skills need refreshing? Can't remember how to tie a sling or splint a leg? Join us in our first aid oriented CERT Skills Day. Registration at the Huntington Beach Civic Center begins at 7:30am, the course is from 8am-12pm. Please dress in layers as a portion of the course is outdoors. Morning snacks, coffee and water will be provided.

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 Senior 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.

CMAP TRAINING EXERCISE JAN 31, 2015

By Cynthia Goebel

HB CERT members were invited to participate in the 2015 Citizen Preparedness Exercise organized by the Orange County Community Emergency Response Team Mutual Aid Program (CMAP) and the Anaheim/Santa Ana Urban Area. The purpose of the exercise was to test CERT volunteers' ability to support response operations following a simulated earthquake impacting Orange County, CA. The last exercise was held in 2012.

We were a team of ten led by Stephanie Vazquez, Assistant Emergency Services Coordinator. There were more than 140 participants in the exercise. The site was Beckman High School campus in Irvine.

The activities in which we participated were:

1) Incident Command System – table top exercise – setting up response to a 6.0 earthquake in Huntington Beach, utilizing CERT, spontaneous volunteers (trained and not trained) and basic supplies/equipment available.

2) Triage and Treatment – Scenario laid out on gym floor in which laminated stick figures (victims) were marked with airway and breathing rates, circulation and bleeding facts and mental status. We were to prioritize injuries and move the “victims” to treatment areas – immediate care, delayed care, minor care or deceased.

3) Damage Assessment — Segment in which we viewed photos and descriptions of homes which had experienced fire, flooding, partial collapse, utility interruption, trapped residents/animals. As first responders we were instructed to record the disaster details and how we would proceed to respond.

4) Sandbagging – Hands on exercise in which we filled sandbags, safely moved the bags along the chain and learned the proper way to build a barrier of sandbags.

5) Traffic Control – We learned and practiced how to control traffic flow with hand.

6) Radio Communications – Using the phonetic alphabet and hand-held radios, we practiced receiving messages – from a simple response to acknowledging a longer message by repeating it to the sender.



CLASS 1

Our performance in each activity was critiqued for our continued learning. Stephanie shared that our team was complimented on our performance.

I found the day's activities very worthwhile and am pleased I was able to participate. It's always beneficial to practice the skills we have learned in classes. I believe the rest of our team of ten felt the same way.

BE READY....Prepare...Plan...Stay Informed

By Brenda Welch

Ready Kids & The Federal Emergency Management Agency present:

Emergency Supply List (More information can be found at www.ready.gov/document/family-supply-list)

Water, food and clean air are important things to have if an emergency happens. Each family or individual kit should be customized to meet specific needs, such as medications and infant formula. It should also be customized to include important family documents.

Recommended Supplies to Include in a Basic Kit:

- Water, one gallon of water per person per day, for drinking and sanitation
- Food, at least a 3-day supply of non-perishable food
- Battery-powered radio and a NOAA (National Oceanic and Atmospheric Administration / also known as National Weather Service) Weather Radio with tone alert, and extra batteries for both
- Flashlight and extra batteries
- First Aid Kit
- Whistle to signal for help
- Moist wipes, garbage bags and plastic ties for personal sanitation
- Dust mask or cotton t-shirt (to use as a bandana) to help filter the air
- Plastic sheeting and duct tape to shelter-in-place
- Wrench or pliers to turn off utilities
- Can opener for food (if kit contains canned food)

Clothing and Bedding:

If you live in a cold weather climate, you must think about warmth. It is possible that the power will be out and you will not have heat! Rethink your clothing and bedding supplies to account for growing children and other family changes. One complete change of warm clothing and shoes per person, including:

- A jacket or coat
- Long pants
- A long sleeve shirt
- Sturdy shoes
- A hat and gloves
- A sleeping bag or warm blanket for each person
- Emergency reference materials such as a first aid book or a print out of the information on www.ready.gov
- Rain gear
- Mess kits, paper cups, plates and plastic utensils
- Coins, Cash or traveler's checks
- Paper towels

- Tent
- Compass
- Paper, pencil
- Personal hygiene items
- Medicine dropper
- Important family documents such as copies of insurance policies, identification and bank account records in a waterproof portable container.

These are additional supplies, some of which marked with an * (asterisk) can be dangerous, so please have an adult collect these supplies.

- Fire Extinguisher*
- Matches in a waterproof container*
- Signal Flare*
- Disinfectant*
- Household chlorine bleach* - You can use bleach as a disinfectant (diluted 9 parts water to one part bleach), or in an emergency you can also use it to treat water. Use 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.

Other lists may be needed for seniors, infants and pets.

Packing Essentials for Hitting the Trail and Your Grab and Go Bag

By Brenda Welch

Many of the supplies we use for backpacking and "hitting the trail" can be adapted for our "Grab and Go" bag:

1. Map and compass + GPS
2. Whistle
3. Flashlight or headlamp
4. Sunglasses, sunscreen and hat
5. Weather-appropriate clothing and extra layers
6. Study footwear
7. Waterproof matches
8. Insect repellent
9. Pocket knife
10. First aid kit
11. High-energy food and plenty of water
12. Be aware of your personal health and medical issues and carry appropriate medical supplies.
13. Emergency shelter supplies

Surf City USA Marathon & Half Marathon

Sunday, February 1, 2015 • Huntington Beach, CA

Formerly known as the Pacific Shoreline Marathon & Half Marathon, the 19th annual Surf City USA Marathon & Half Marathon took runners on a flat, fast course along the beaches of Southern California's Pacific Coast Highway, through the town of Huntington Beach and the Bolsa Chica State Beach.

Considered one of the best full and half-marathon road race events in the country, this USA Track & Field-certified event saw more than 19,000 runners and wheelchair competitors. The event also included a three-day Active Lifestyle Beach Expo and performances by local bands.

CERT Communicators Richard Batistelli, Ken Mailman, Raji Shunmugavel, and Manny Vizinho reported in at 6 am to join RACES in providing support during the Surf City Marathon. The Communicators' responsibilities were to report injuries or other problems to "Net Control." Net Control then reported in to the "Med Tent" where the decision was made as to whether the runner needed to come to the Med Tent or be taken to a hospital or just required hydration. The Communicators stayed on duty until approximately 1:30 pm. It was a worthwhile, satisfying experience for the CERT volunteers.

Nip Drips Inside and Outside Your Home

By Anna Pinter

With the withering supply of water in California and other sections of the United States, individuals are becoming aware of the need to look for ways to save water. A program meant to save water is finally being noticed. This program is in its seventh annual year.

During the dates of March 16-22, 2015 Americans are encouraged to check and fix leaking faucets, showerheads, toilets and irrigation equipment which, when leaking, can raise a family's water bill by ten percent. These leaks nationwide can lead to a loss of more than one trillion gallons of water annually. Communities will join the Environmental Protection Agency (EPA) for the seventh "Fix a Leak Week". Americans are being encouraged to check, twist and replace.

Check for Leaks

Check your water meter before and after a two-hour period when water is not being used. If water usage on the meter reading goes up, a leak is likely.

In the winter a family of four generally does not consume more than 12,000 gallons of water a month. If your family exceeds this amount leaks could be the culprit.

How to Fix Fixtures

Once you have identified any leaks, twist your way to leak-free fixtures. Some of the tasks may be to tighten hose and pipe connections. Faucet valves are easily remedied by replacing worn out gaskets and washers. Shower head connections can be wrapped with pipe tape for a good seal. Twist aerators onto your bathroom sink faucets. Most toilets leak due to a worn out flapper valve which can be replaced with a new one. Finally, check your garden hose for leaks at its connection to the spigot. When you run the hose, if it leaks replace the hose washer and ensure a tight connection to the spigot using pipe tape and a wrench.

Replacement of Fixtures

When the fixtures are worn out replace with water saving devices which can easily be bought in any store selling plumbing or household fixtures. Look for "Water Saving" labels when considering a new toilet, faucet or showerhead.

Fixing household leaks is a way every person can help save water, energy and put more money in their wallet.

The Facts on Leaks as stated by the Environmental Protection Agency (EPA)

Fix a Leak Week is celebrated in March of each year as a time to remind Americans to check their household fixtures and irrigation systems for leaks.

The average household's leaks can account for more than 10,000 gallons of water wasted every year, or the amount of water needed to wash 270 loads of laundry.

Household leaks can waste more than one trillion gallons annually nationwide. That's equal to the annual household water use of more than 11 million homes.

Ten percent of homes have leaks that waste ninety gallons or more per day.

Garden Grove Tet Festival

By Raji Shunmugavel

On February 20, 2015, Huntington Beach CERT members, Raji Shunmugavel, Linda Vollmar and Gerald Chatman helped Garden Grove CERT staff the first aid booth at the Tet Festival. As a training opportunity, they also utilized the ICS structure, radio monitoring and use, scouting the area for safety, minor first aid and documentation. Some of the volunteers' jobs were to walk around the area with a fireman and make sure all fire extinguishers were accessible at all the booths and all electrical wiring was safely covered.

In the future, when Huntington Beach CMAP members are requested to aid their neighboring CMAP members, consider volunteering. The CERT members from Huntington Beach enjoyed new learning opportunities and meeting new people with similar interest.



February 12, 2015 Induction into CERT of Basic 2014 CERT Class Members :Daniel Balza, John Bishop, Nancy Grijalva, Jane Horsfield, John Muse, Robert Parker, Karen Robinson, Ken Robinson and Maria Young, with Brevyn Mettler and Stephanie Vasquez



CERT Volunteers Raji Shunmugavel & Linda Vollmer (left) at the February 20 TET Festival in Garden Grove



February 1, 2015 Surf City Marathon CERT Member Raji Shunmugavel supporting RACES Event Communication



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

- CERT General membership meeting, 6:30pm March 12, 2015 in B8
- March 21st, 2015 CERT First Aid Skills Day
Do your CERT first aid skills need refreshing? Join Huntington Beach for a skills date.
Location: Huntington Beach Civic Center
Time: Registration 7:30 am
Instruction: 8 am-12 pm
Please dress in layers as a portion of the course is outdoors.
Morning snacks, coffee and water will be provided.
- March 26, 2015 Tsunami Walk
Join CERT in educating the community and escorting students from Isaac Sowers Middle School to the tsunami safe zone in Moffett Park.
Time: TBA at the General Membership Meeting on March 12 and will be listed on CERT portal.
- Ham Radio License Class April 7, 10 & 11, see article on page 1
- CERT General membership meeting, 6:30pm April 9, 2015 in B8

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, March 14, 10:00 am – 1:00 pm
- Wednesday, March 25, 6:00 pm – 9:00 pm
- 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

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!)