



# CITY OF HUNTINGTON BEACH CERT NEWSLETTER

SINCE 1991

May 2016

## HB CERT HIGHLIGHTS

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## Congratulations! Spring Class of 2016

Congratulations to the following students who completed the Spring 2016 CERT/FEMA training:

Kathleen Ardolina, Michael Blosser, Gordon Briggs, Bruce Cameron, Nancy Davey, Diana Dubich, Kevin Heisler, Alicia Helm, Thomas Hicks, Justin Hill, Gregory Hill, Bob Irvin, Karen Kennedy, Joan Marsh, Tom Marsh, Mary Martin, Renae Matheny, Rafael Nunez, Dave Race, Gabriel Sfeir-Younis, Lawrence Trazo, Robert Turner, Anna Varzunova, Michael Wiedemann, and Rick Yamamoto.

We hope you all will continue training to join our family of Huntington Beach CERT volunteers.

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## Do 1 Thing

*By Virginia Petrelis*

“Do 1 Thing” is a yearly plan that focuses on different areas of emergency preparedness each month. The task for May is to know your community, school and workplace disaster plans. Make sure the people who depend on you are prepared with their own grab and go bags.

Last month, April, focused on food safety. The tasks were to buy a three-day food supply, take steps to make sure the foods in your refrigerator and freezer stay safe and that you can provide for the special dietary needs of your family.

This website has a wealth of information on disaster preparedness. Check it out at <http://do1thing.com/individuals>.

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## CERT Facebook Page

Huntington Beach CERT is now part of the age of Social Media. We have a new Facebook group at Huntington Beach CERT.

The formal unveiling of the Facebook group took place at the April General Meeting and was presented to the group by Robert Zamalin to an enthusiastic response.

Our Facebook presence allows us to post announcements, messages, photos and files.

One can also chat with fellow members. It can also be used as a vehicle to attract new members and keep our current membership informed.

Just “search” for the group by putting “Huntington Beach CERT” in the Facebook search engine, hit the join button, and upon the approval of the administrator, you can join in the fun. You can also link to the group using: <https://www.facebook.com/groups/575614189265230/>

Our Facebook group is not static and suggestions to format and design by the membership are always welcome. The Facebook group does not replace the CERT web site at this point, but supplements it with an easy user interface.

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## Emergency Kit Cook-Off

*By Virginia Petrelis*

Did you ever wonder what canned foods you should put in your emergency food supply and how you'd make nutritious, tasty meals out of those ingredients? I've discovered a really neat website called “Emergency Kit Cook-off” at [https://emergencykitcookoff.org/recipes?field\\_meal\\_tid=13&field\\_course\\_tid=3](https://emergencykitcookoff.org/recipes?field_meal_tid=13&field_course_tid=3). From there, you can select a meal for breakfast, lunch, dinner or snacks, and find complete recipes.

The Emergency Kit Cook-Off is a participatory National Preparedness Month activity inspired by the contents of the 72-hour emergency food kit. In 2011, the Arizona Department of Emergency and Military Affairs (DEMA) partnered with the Le Cordon Bleu College of Culinary Arts in Scottsdale to design this unique cooking challenge. They've since teamed with additional partners, including the CDC Foundation and the CDC Office of Public Health Preparedness and Response who are also dedicated to inspiring the public to be proactive in their preparedness planning.

This is also an excellent source for planning camping meals from ingredients that don't require refrigeration. I plan to look through the recipes, gather ingredients and make a booklet of recipes to put in my 72 hour emergency food supply.

## Drill Day for Spring 2016 CERT Training Classes

By Susan McClaran

As many of you know, Saturday April 30<sup>th</sup> was our Drill Day and once again, we pulled off another successful event! Very BIG congratulations to all of our CERT students who all graduated with flying colors.

Their morning was spent cycling through two First Aid Stations and a series of events with Brevyn, which included Search & Rescue operations, Lifts, Drags & Carries and Fire Suppression. Afterwards, we had our HB Fire Truck 42 stop by and demonstrate Cribbing & Leveraging along with how to open and get through damaged doors.

After lunch, students got to apply what they learned from their four evening classes, along with their morning sessions, and dive into action for the afternoon drills. Students were able to test their skills as they conducted Search & Rescue, Triage and Medical Treatment on their various living and Gumby Victims. Everyone did a great job working in their teams and I think we all had a great time together.

The day ended with all students receiving their CERT FEMA certificates from Brevyn Mettler, Emergency Services Coordinator and Jim Katapodis, Huntington Beach Mayor, who stopped by and thanked them for volunteering their time to make a difference in their communities.

A very special "Thank You" to our Volunteer Victims, whose participation made the afternoon drill much more realistic for our students:

Boy Scout-Nick and his dad  
Boy Scout-Christopher and his mom  
Gaby Menendez  
Guy Jackson  
Chad Hicks-Beach  
Chad Wood

Many thanks to our Instructors: Mimi Irvin, Melisse Bridges, John Downing and Gaby Menendez, whose help at the First Aid Station proved to be invaluable. They provided lots of hands-on for the students and were able to make it fun.

Thank you to our Hospitality Team: Maria Young, Raji Shunmagavel & Liz Martin who ensured everyone was accounted for and well taken care of.

And a TREMENDOUS "Thank you" to the Logistics Team that makes things happen and without their help these events would be impossible to achieve. Logistics Team: Richard Battistelli, Chad Hicks-Beach and Kerry Newman.

And finally, last but not least.....a very special "Thank you" to our fearless leader, Brevyn. Knowing this is not the only thing on your very busy plate, we appreciate your support to CERT and all your hard work.

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## Huntington Beach Stage 2 Water Restrictions

By Anna Pinter

In April of 2015, the California State Water Resource Board published a list of regulations, adding to restrictions on residents and businesses in cities and water districts in an effort to conserve water. Gov. Jerry Brown set forth a list of water conservation rules for the state of California. The Governor's goal is to reduce water usage overall by 25%. Huntington Beach was ordered to reduce usage by 20%.

**We are still in a drought, and the following regulations still apply:**

**Lawns:** From April to October, lawn watering is allowed only on Mondays and Fridays. Watering is allowed only once a week from November through March. Previously, people could water three times per week during the summer and fall and twice a week during the winter and spring.

**Use of automated irrigation is limited to Monday and Friday.**

Irrigation is prohibited between 9 am and 5 pm.  
Irrigation is limited to no more than 10 minutes per station.

Washing down hard or paved surfaces is prohibited.

**No watering during or 48 hours after measurable rainfall.**

No excessive water runoff from irrigation onto sidewalks or streets.

Leaks must be repaired within 48 hours of notification.

Those who violate the rules will receive warnings, phone calls and letters before being fined. Users can be fined \$125 for the first violation, \$250 for the second and \$600 for the third.

You can find the Huntington Beach Municipal Code regarding water conservation requirements at: [http://www.qcode.us/codes/huntingtonbeach/view.php?topic=municipal\\_code-14-14\\_18-14\\_18\\_050&frames=on](http://www.qcode.us/codes/huntingtonbeach/view.php?topic=municipal_code-14-14_18-14_18_050&frames=on)

## Where is El Nino?

By Cynthia Goebel

Alex Tardy of the National Weather Service, San Diego has prepared a comprehensive You Tube presentation (17+ minutes) which discusses the 2015-2016 season since October 1<sup>st</sup> and analyzes precipitation and temperature patterns. It looks at ocean and atmospheric conditions that led to wet and dry conditions in the West. The presentation also considers possible scientific reasons why the 2015-16 strong El Nino resulted in different weather patterns than 82-83 and 97-98.

<https://www.youtube.com/watch?v=Zooe89ucqyo>  
for April 15, 2016 status

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## Storing Extra Supplies for Family Visitors

By Raji Shunmugavel

In the first week of April my daughter's family decided to visit Disneyland before their two year old daughter had to pay for park admittance. They are family of six members.

Our house has adequate emergency supplies for two adults and I really needed to make sure the four children had adequate supplies in the house in case there was an earthquake or other disaster. I had enough blankets. I also made sure we had enough of the essentials--water, diapers, formula and baby food.

Indian cooking takes lot of time to prepare. I cooked extra meals beforehand and kept it in the freezer. I have two big coolers with wheels. In the event we would have been asked to bring our freezer food to the shelter I could put food in my cooler and transport it.

Here are the tips how to keep food frozen for seventy two hours.

Dry ice may be the best way to keep your frozen and refrigerated foods from spoiling in the event of a power outage. At a temperature of -109° F, dry ice can replace the cooling power of your refrigerator or freezer. It is a good idea to know the places and stores where dry ice is available for purchase and learn about the safe ways of handling it.

Some tips about dry ice:

During a power outage, place dry ice on the top shelf of the freezer and the bottom shelf of the refrigerator. If you are evacuating an area, dry ice in a cooler will allow you to transport perishable food or medicines while traveling.

Suppliers of dry ice (one in Huntington Beach is Smart and Final) have charts available to help determine how much dry ice is needed.

Take Safety Precautions when working with dry ice during a power outage:

- DO NOT store dry ice in an airtight container or in an ice chest with the latches locked. The gas pressure of the sublimating solid dry ice will become explosive. Even if the container does not rupture, the force on the lid or top may be enough to cause severe injury. Leave the lid unlatched.
- Keep the cooler or container in an area with good ventilation. Carbon dioxide is heavier than air and will settle in the lowest areas of a room. The best place for storing a container with dry ice is a garage or a room with a ground-level door or window that can be left open.
- Wrap dry ice in a towel or newspaper before placing on top of items to be kept frozen and below items to be kept cool.
- Do not allow bottles or cans to come in direct contact with dry ice. They will freeze and may rupture as their contents expand. As dry ice sublimates, the gas will carbonate open beverages.
- Dry ice is a solid with a temperature of -109° F. Contact with bare hands or skin may cause severe frostbite. Make sure to follow all dry ice safe handling precautions.
- Do not allow children to play with dry ice.

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## My Experience at the April 30, 2016 Drill Day

By Raji Shunmugavel

For the past several years, I have volunteered to work as a member of the "color team," leading groups from station-to-station during all day events. This event did not need the color team. I enjoyed being a member of the hospitality team, helping with registration, serving lunch and helping with logistics.

The provided lunch was Subway sandwiches along with the favorite of everyone—cookies!

Huntington Beach Mayor, Jim Katapodis, stopped by and personally greeted and thanked all the volunteers, which was much appreciated by all.

All the new CERT class members had so much enthusiasm and enjoyed meeting the previous members. They helped with almost everything.

I enjoyed my day very much.

## **Cruise Ship Zika Virus Health Advisory**

Grant Tarling, MD, MPH

Chief Medical Officer, Princess Cruise Lines

On January 15, 2016, the US Centers for Disease Control and Prevention (CDC) upgraded their Zika virus travel notices to Alert Level 2 (Practice Enhanced Precautions). The notice currently only affects specific travel to certain Caribbean, Central America, South America and Pacific Islands countries. For timely information on travel advice to countries impacted by Zika, please regularly review the CDC and Pan-American Health Organization (PAHO) websites: <http://wwwnc.cdc.gov/travel/notices> and <http://www.paho.org/hq>

Zika virus is spread primarily through infected mosquitoes which mainly bite during daytime hours. Symptoms of Zika typically develop 3-12 days after being bitten and may include fever, headache, skin rash, joint pain, and conjunctivitis (red eyes). The illness is usually mild with symptoms lasting from 2-7 days. Comprehensive health information can be found at <http://www.cdc.gov/zika/index.html>

Although serious complications and deaths are uncommon, recent increases in birth anomalies are being reported in areas where Zika virus outbreaks have occurred. Knowledge of the link between Zika and these outcomes is still evolving. For this reason, the CDC travel health advisory particularly impacts women who are pregnant (in any trimester), and women who are trying to become pregnant. For more information and travel advice regarding Zika virus infection and pregnancy, we encourage you to review the CDC's frequently asked questions webpage: <http://www.cdc.gov/zika/pregnancy/questions-answers.html>

There is no vaccine to prevent Zika. However, you can reduce your risk of contracting Zika and other mosquito-borne illnesses such as Dengue and Chikungunya by following these steps prior to going to the above mentioned destinations:

- Apply insect repellent which contains one of the following active ingredients: DEET, picaridin (KBR 3023), Oil of Lemon Eucalyptus/PMD, or IR3535.
- Wear a loose, long-sleeved shirt and long pants to minimize the likelihood of being bitten.

If you experience any symptoms of fever, headache, skin rash, joint pain, and conjunctivitis (red eyes), please contact a doctor. Remember to tell them about your recent travel.

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## **A Sudden Trip into the Cold Water**

*By Raynor Tsuneyoshi*

It is a beautiful late Spring day on the ocean. The sky is blue, outside temperature is in the high 70's but the wind keeps shifting which makes handling the sails on your 19 foot boat a little tricky. You and your friend have spent many a weekend cruising up and down this coast so it's nothing you and your buddy can't handle.

Since you are at the helm, you keep a watchful eye on any boat that is in your area that may present a potential hazard. Your friend, Joe, is mid-ship pulling up and securing the fenders that were used at the docks you just came from. You are both in shorts and tee-shirts with a light windbreaker jacket. You are wearing one of those halter-type, automatic inflating lifejackets. Joe, on the other hand tells you, "I'm a good swimmer, don't need a life jacket". You've gotten tired of trying to get him to wear one so just let the whole matter go. The wind suddenly shifts forcing you to take a new heading before the sails go dead and you fail to see that submerged log and hit it doing about 14 knots. Things happen rather quickly, you see Joe getting thrown off the boat on the starboard side but an instant later, the sail's boom is swinging your way, hitting your shoulder and you feel yourself flying through the air and see the water just before you splash into it.

While the outside air is measuring 78° F, that ocean you and your buddy are entering is 58° F. Let's look at each of you as you both are suddenly thrown into the water. "I can swim" Joe said as he hits the water head first. The shock of that cold water causes him to gasp which would have been okay if he hadn't gone in headfirst so he has now taken in over a pint of water into his throat and lungs. Being disoriented by the shock, he loses a sense of where the surface is, quickly becomes unconscious, and is on his way to becoming a drowning statistic.

In your situation, you enter the water with a splash but as soon as the sensor valve in your life jacket gets to about three feet under water, it releases the CO<sub>2</sub> cartridge's contents into your life jacket bringing you quickly to the surface. You are gasping from the shock of cold water but it is air going into your lungs.

Let's pause a moment and take a look at what just happened. Most people entering cold water, which experts say, starts at 70° F, experience what is called the gasp reaction which usually takes between one to two minutes to subside. Your friend did not have a life jacket and went deeper into the water than you did. That, combined with the gasp reaction, will lead to very bad results for Joe. It takes as little as a half pint of water into your windpipe to cause a person to drown. The gasping sensation you are experiencing, if coupled

## **A Sudden Trip into the Cold Water (continued)**

with sensations of panic, can last longer and result in dizziness and disorientation which do not help if you are trying to survive in a hostile environment.

So, what's going on in the rest of your body? Importantly, a little area at the base of your brain, the hypothalamus, is mobilizing your entire body to deal with the cold signals coming from your nerve sensors. In a sense, the hypothalamus is similar to the thermostat in your home that regulates the temperature keeping it in a range you have decided is comfortable.

When temperatures are high, your skin becomes flushed with the small capillaries carrying heat to your skin's surface to radiate it away from your body. If it gets hotter, you start to perspire. The perspiration, in evaporating, cools your skin and the little capillaries carry the cooled blood throughout your body and keep it from overheating.

In this cold environment the same capillaries constrict around your arms and legs to prevent loss of precious heat. You start to shiver which seems unnecessary but actually generates a fair amount of heat (as much as a 500 watt bulb). All of these processes can vary in how quickly they happen depending upon a lot of factors such as the temperature of the water, wind conditions, how much or how little protective clothing you are wearing, your sex and how much fat is present on your body.

There are other things that are going on as the length of time you are in the cold water increases. Your muscles gradually lose strength and your nervous system slows down which can lead to confusion and disorientation. Depending on how cold it is, you can lose up to a third of your lifting or pulling strength in the first ten minutes in the water. The colder the water is, the faster this will happen, all other factors being equal.

Many of you are wondering, "Why hasn't he mentioned Hypothermia? I thought that is what kills people when they fall into cold water." Hypothermia, as medically defined occurs when your core temperature reaches 95° F. Again, depending upon a number of factors, becoming hypothermic may take anywhere from 30 minutes to an hour. As you saw in the beginning, falling into cold water and dying can happen a lot sooner because of other processes and factors. Improper rescue and/or first aid actions can also have an effect on a person's chances of survival which we will take up in the second installment on this subject.

So, what can a person do to increase his or her chances of surviving after falling into cold water? I'd like to recognize the participants in the outstanding

work done to produce the videos, "Cold Water Boot Camp" and "Beyond Cold Water Boot Camp" who are members of the National Water Safety Congress as well as the host of both videos, Dr. Gordon Giesbrecht, Professor of Thermophysiology, University of Toronto, Canada who provided much of the information used in this article and for which I am deeply grateful.

The Cold Water Boot Camp gives the "1 – 10 – 1" as their way of remembering the steps to survival in cold water. Please note, that one of the biggest factors that graphically increases your chances of survival is simply to wear a lifejacket. Without that one item, you are going to be using up a lot of energy just trying to stay afloat with your head out of water. In the training video, a young woman went into 46° F water from a boat and was told to swim to shore a distance of perhaps 20 yards. She did make it to shore in about two and a half minutes but, when she reached shore, collapsed and was unable to lift herself up to get all the way out of the water. Very cold water saps strength quickly.

Anyway the 1-10-1 is broken down as follows, the first "1" states that you should try, in the first minute, to get your breathing under control. It may take a bit longer but it is important to make the effort to get into a calm breathing pattern in order to quickly start to assess your situation including whether or not you can swim to safety or pull yourself back into your boat, canoe or kayak.

This brings you into the second phase, the "10". This period of around 10 minutes of meaningful activity which you should use to either get to safety or to climb up on your submerged boat hull, or anything else that will help you float or get you out of the cold water.

The last "1" stands for one hour which, if help is not readily available, you should be taking steps to maximize your chances of survival. In other words, use this time to make decisions and moves that will maximize your chances of surviving until rescued. This could be as simple as drawing your feet up towards your chest, holding your arms close to your body or, if there are several people in the water with you, you can link arms over each other's shoulders and form a ring. These moves are to prevent or slow heat loss or, in the case of a circle, to help each other stay warm.

Remember, some of the biggest challenges you will face in such a situation is to keep from panicking and to maintain a positive survival attitude. Injuries, strong winds, waves, either singly or in combination, can really drive up the stress factor. A person in the panic mode will waste energy by thrashing about, hyperventilating resulting in disorientation and confusion. Unless help is immediately at hand, such a person will not be able to survive long enough to be rescued.

## **A Sudden Trip into the Cold Water (continued)**

I have tried to keep things short and simple here. The purpose is to start the reader thinking about what would happen if he or she fell into cold or very cold water, some of the processes at work as your body tries to deal with this sudden stress and what you should be doing to try to survive these various stages until you pull yourself to safety or are rescued. In the next installment we will talk about these things in greater detail as well as look at what you should do as a part of a rescue effort involving multiple cold water victims.

Should you be interested in much more detail, go to [NWSC.org](http://NWSC.org) (National Water Safety Congress) and look for "Cold Water Boot Camp." I can't begin to say how valuable the participants were in the making of this video as well as the follow-up, "Beyond Cold Water Boot Camp," which is geared toward training the trainer. Also, "Dr. Popsicle" Gordon Griesbecher who I first heard giving a talk on Cold Water Immersion probably 15 years ago. It was an eye opener to me then when I was told that cold water can have serious effects on a person in waters that were 70° F or colder. I knew that California waters were generally in the mid 50's to mid 60's F. year round. My impression was that only people boating up in Canada, Alaska, and Northern Europe needed to deal with this challenge. It was and remains today something very real to me to the extent that whenever I go out on a chartered fishing trip, I wear an inflatable lifejacket.

I'll be back next month with the final part to this chilling subject.

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**STUDENTS ATTENDING SPRING  
2016 BASIC CERT CLASSES**





**STUDENTS ATTENDING  
SPRING 2016 BASIC CERT  
CLASSES (continued)**



**STUDENTS ATTENDING SPRING  
SATURDAY APRIL 30, 2016 BASIC  
CERT CLASSES**





**GRADUATING STUDENTS  
ATTENDING SPRING SATUR-  
DAY APRIL 30, 2016 BASIC  
CERT CLASSES**



**STUDENTS  
ATTENDING SPRING  
SATURDAY APRIL  
30, 2016 BASIC  
CERT CLASSES  
(CONTINUED)**

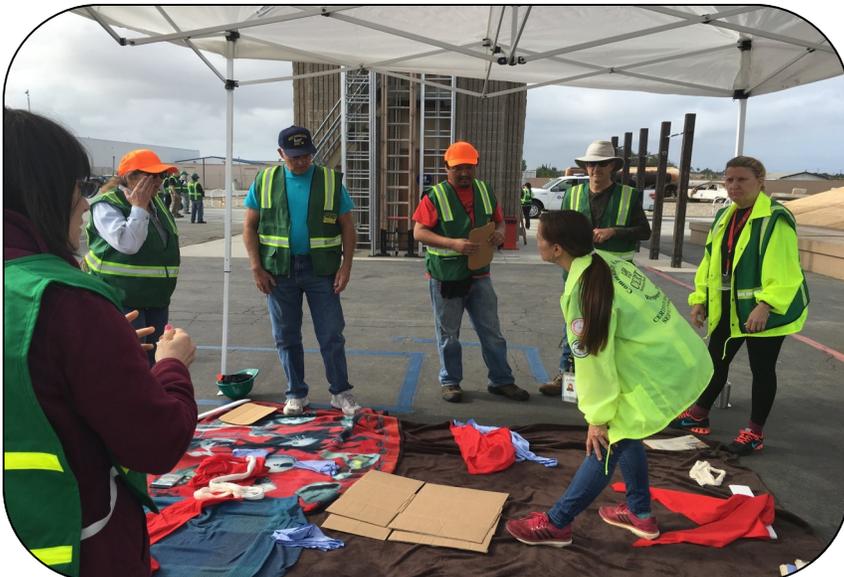
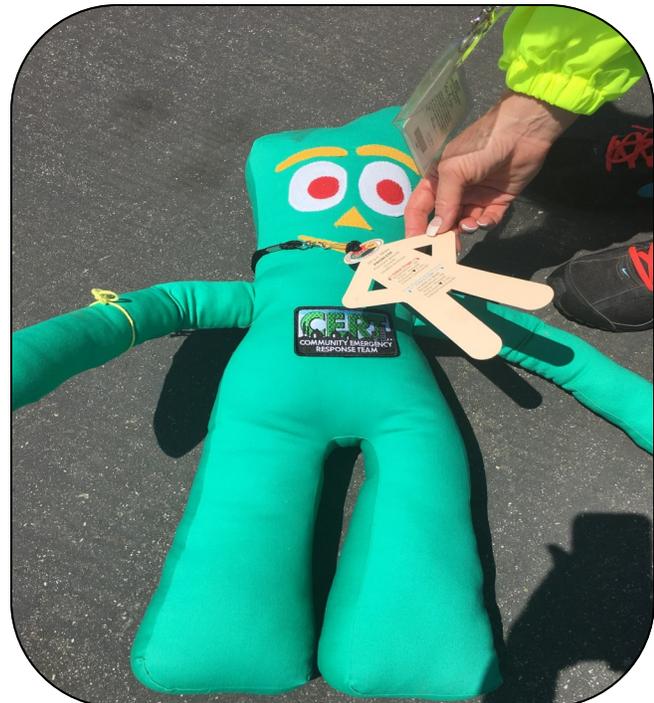


**STUDENTS ATTENDING  
SPRING SATURDAY APRIL  
30, 2016 BASIC CERT  
CLASSES (CONTINUED)**





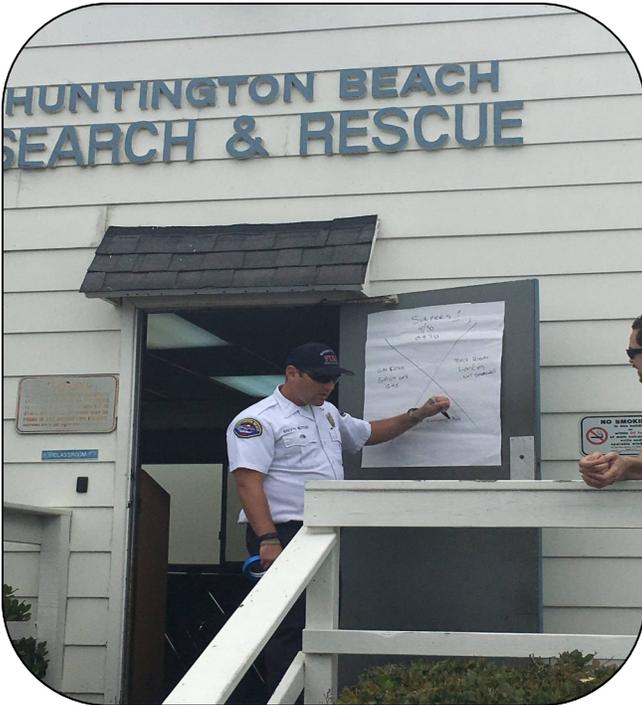
**STUDENTS ATTENDING  
SPRING SATURDAY APRIL  
30, 2016 BASIC CERT  
CLASSES (CONTINUED)**



**STUDENTS ATTENDING  
SPRING SATURDAY APRIL  
30, 2016 BASIC CERT  
CLASSES (CONTINUED)**



**STUDENTS ATTENDING  
SPRING SATURDAY APRIL  
30, 2016 BASIC CERT  
CLASSES (CONTINUED)**



The Governor has called for a **20%** reduction in water use.



# What does a 20% Reduction in water use look like?



**140 Gallons per day**

The amount of water the average Orange County resident uses each day. Here are some easy tips to help you reduce your water use by 20% or 28 gallons per day!

## Indoor Tips

Shorten your shower by 5 minutes



saves **12** Gallons per day!

Wash only full loads of laundry



saves **15-40** Gallons per day!  
\*Based on 7 loads per week average.

Fix leaky toilets and faucets



saves **20** Gallons per day!

Install high efficiency toilets



saves **19** Gallons per day!

## Outdoor Tips

Use a broom instead of a hose to clean the driveway



saves **21** Gallons per day!  
\*Based on 1 time per week.

Adjust your sprinkler system for leaks and overspray.



saves **50+** Gallons per day!

Replace a portion of your lawn with California Friendly plants



saves **120** Gallons per day for every 1000 square feet of turf removed!

Install a smart sprinkler timer



saves **40** Gallons per day!

For more helpful tips on ways to reduce water use, visit: [www.mwdoc.com/wue](http://www.mwdoc.com/wue)

***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, 6:30 PM  
May 12, 2016 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, May 14 , 10:00 am – 1:00 pm
- Wednesday, May 25, 6:00pm—9:00pm
- Additional dates are pending completion of the Senior Center In The Park

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.

**HB CERT Newsletter Staff**

Virginia Petrelis (Editor), Peter Petrelis (Publisher), Anna Pinter, Cynthia Goebel, Art Weiland, Carol Nehls, Bob Zamalin, Rajarajeswari (Raji) Shunmugavel, Brenda Welch, Barbara Scott



**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!)**