



CITY OF HUNTINGTON BEACH CERT NEWSLETTER

October 2018

SINCE 1991

HB CERT HIGHLIGHTS

INSIDE THIS ISSUE

DSW Form Request, Oct 11
General Meeting, CERT
Disaster Expo
Page 1

Red Cross desk, Sept
General Meeting, Red Cross
First Aid Class, HB Police
Department Open House
Page 2

First Aid for Brain, Hurricane
Advice
Page 3

Vacations Disasters
Page 4

Learning from Experience,
Floods in India, Amateur
Radio in India
Page 5

Disaster Expo Flyer
Page 6

Fire Department Open House
Flyer
Page 7

CERT Training Requirements
Flyer
Page 8

Photos, Senior Saturday
Page 9

Photos, Red Cross 1st Aid &
CPR AID
Pages 10—11

Photos, CERT General
Meeting
Page 12

Photos, Police Open House
Page 13

CERT Mission Statement,
Upcoming CERT Events
and Activities,
CPR Classes,
Newsletter
Staff
Page 14



CLASS 1

DSW Form Request

by Carol Burtis

I am so sorry but as of October 15, 2018, I will be marking anyone who has not completed a new DSW form as "Newsletter Only"; this means you will no longer be on the "Active" CERT callout list (the list we use to contact CERT Volunteers if they are needed during a disaster). As indicated below, for your own safety, we must have this completed form on file to be able to send you out during an emergency.

The reason we must have the form is actually for your benefit in the event of an injury. As a CERT volunteer, you qualify as a Disaster Service Worker when you participate in a disaster callout or an approved event. Should you get hurt while volunteering under such circumstances, you have the option to file a State of California Workman's Compensation claim. In order to do that, you have to submit a bunch of paperwork and the State will not even consider your claim unless the City has your DSW form on file prior to deployment at which the injury occurred. It's really that simple: in the event you would ever be in a situation where we need to file, we can't even start unless we have this form ahead of time.

If you don't want to be called out and respond to an emergency, class or event, then I don't need the form, I can mark you as a newsletter recipient only, but if you want to be an active participant, for you own safety we need to have the form on file.

Contact me if you have any questions, I will be happy to talk to you about this more. We love having you as a CERT Volunteer, but I have been told we must have this form for any active CERT volunteers.

Carol Burtis 714-536-5979

CERT Monthly Meeting October 11, 2018

By Carol Burtis

Our speaker will be Janice E. McNally, a Licensed Marriage and Family Therapist. She has a private practice, works as an EAP Workplace Consultant and volunteers with the Red Cross teaching Disaster Mental Health, Service to the Armed Forces, New Volunteer

Orientations and various training functions. In a previous life, before she "grew-up", she was a Red Cross Lifeguard and Swimming Instructor.

As an alternative to dispute resolution, she is also trained in the art of mediation. As a trained mediator she assists parties in conflict to explore the nature of their differences and to develop a negotiated agreement. A mediator's role is to encourage and facilitate dialogue, clarify feelings and needs, define differences and special interests, and to guide the parties through the process of reaching a mutually acceptable resolution.

The CERT Disaster Expo

By Richard Batistelli

If you have been an observant CERT member, attending monthly meetings or accessing the online portal, you would already know of the CERT activity planned for this coming Saturday, September 29. If not, our tenacious group, under the keen and resourceful leadership of Carol Burtis, has scheduled our annual "Disaster Expo". As part of Disaster Preparedness Month, this always successfully attended adventure into "all things cataclysmic" will display and inform this community to BE PREPARED.

Those organizations planning to participate include HB CERT (Community Emergency Response Team), HB RACES (Radio Amateur Beach Civil Emergency Service), Huntington Beach Police and Fire Departments, Marine Safety, So Cal Edison, the Gas Company, the National Weather Service, SCART (Surf City Animal Response Team), and the ARC (American Red Cross.) These organizations are major partners in any calamity and recovery.

As an added treat, I will drive the newest addition to the ARC emergency fleet, the NewGen ERV (New Generation Emergency Response Vehicle.) A featured story in a recent CERT Newsletter highlighted this vehicle. So come and see this new "emergency food ambulance," as the kids called it, up close and personal. Fire safety and CPR technical skill demonstrations will also be included in this exciting day of learning for adults and children.

The expo will be at the entry to the Huntington Beach Central Library, 7111 Talbert Avenue, Huntington Beach on Saturday, September 29 from 10 am to 2 pm.

From My Red Cross Desk

By Richard Batistelli, Volunteer

HURRICANE FLORENCE-- As of this writing, there are still hundreds of impassable roads in North and South Carolina, Georgia and parts of Virginia and Tennessee. There are thousands of dislocated families, some 80,000, in rural neighborhoods in the many flooded areas in these several states.

Hurricane Florence will be remembered as one of most catastrophic weather related events, by total area affected, in recent history. Power, water, and access to these impacted regions continue to be problematic. More flooding is anticipated next week as upstream tributaries crest as they cascade eastward to the ocean. As the head of FEMA, Brock Long, has been quoted, "We have a long way to go," in this recovery. Sadly, some residents will never return, as they were so badly impacted by recent major storms, including Hurricane Maria in Puerto Rico, and now this.

To meet this devastating human crisis, the American Red Cross, in concert with FEMA, state EOC's and local emergency managers, has joined other aid groups and charities, by opening more than 140 shelters, mobilizing thousands of Red Cross volunteers, some 3000, from across the United States, all with the mission of providing food and comfort to those Americans in immediate need. The human and animal toll is beyond description.

So, in this hour of need, please consider a contribution to your favorite charity; there are many worthwhile groups helping where it is needed most.

CERT General Membership Meeting

September 13, 2018

By Cynthia Goebel

As a follow up to our July 12th meeting at which we were introduced to sign language, our speaker was Margaret Martinez. Margaret began her sign language studies at age 19 at Goldenwest College. She earned a degree in the subject. She has recently retired from interpreting at University High School in Irvine. Among 2000 students, that school has a population of 70 deaf students.

Margaret taught us more than 30 American Sign Language (ASL) signs from the pamphlet "100 Signs for Emergencies" from DawnSignPress. She emphasized the importance of using facial expressions to help convey the gestures we were signing.

Hopefully this will prepare us for successful interaction with deaf people we may encounter in a disaster situation, for instance, in a shelter or school evacuation.

American Red Cross First Aid Class - September 15, 2018

By Virginia Petrelis

On September 15, more than twenty Huntington Beach CERT volunteers attended an American Red Cross First Aid/CPR/AED class presented by Mimi Irvin and Melisse Bridges. Most of us were there to renew our certification. This certification is necessary if CERT members wish to be active participants in emergency response or working in the First Aid tent during community events.

Using both adult and baby CPR-AED training manikins, we practiced chest compressions and rescue breaths as taught by the Red Cross. We also learned how easy it is to shock a person's heart into beating again using an AED (automated external defibrillator.)

Mimi's husband, Bob, played the role of a choking victim, wearing a blue anti-choking training vest that would spit out a Styrofoam pellet if the abdominal thrust (aka Heimlich maneuver) was properly administered. Bob was a good actor and we all laughed trying to squeeze his belly!

This was a great class, very enjoyable and never boring. Thank you Mimi and Melisse

HBPD Open House September 22, 2018

By Phil Burtis

CERT and RACES were proud to be part of the 2018 Police Department Open House on Saturday, September 22nd. It was a half-day event starting at 10 am and had a larger number of participants than the previous couple of years.

As usual the HB-1 helicopter landed in the courtyard to the excitement of everyone. There were lots of static displays and information booths. Gelato and lunch were available for purchase to support the annual Baker to Las Vegas relay event. The motor unit gave an amazing display of motorcycle agility, including actually riding down the steps! There were also demos by the K-9 unit, and the horse mounted patrol.

CERT's table had disaster prep handouts as well as the gas meter to demonstrate shutoff procedure. RACES had display radios and a brochure available for interested attendees. A big thank you to the volunteers who worked the event!

First Aid for the Brain

By Susan McClaran

While the kids are back in school learning, they shouldn't be the only ones training their brains. Recently, I have been trying to learn as much as I can about "brain health", as one of my biggest fears is losing memory. It is an awful thought to think about the possibility of forgetting my loved ones and so I have set about on a journey to learn about what I can do to train my brain. Below are 10 tips from the Alzheimer's Association:

10 Ways to Love Your Brain

Growing evidence indicates that people can reduce their risk of cognitive decline by adopting key lifestyle habits. When possible, combine these habits to achieve maximum benefit for the brain and body. Start now. It's never too late or too early to incorporate healthy habits.

Break a sweat

Engage in regular cardiovascular exercise that elevates your heart rate and increases blood flow to the brain and body. Several studies have found an association between physical activity and reduced risk of cognitive decline.

Hit the books

Formal education in any stage of life will help reduce your risk of cognitive decline and dementia. For example, take a class at a local college, community center or online.

Butt out

Evidence shows that smoking increases risk of cognitive decline. Quitting smoking can reduce that risk to levels comparable to those who have not smoked.

Follow your heart

Evidence shows that risk factors for cardiovascular disease and stroke — obesity, high blood pressure and diabetes — negatively impact your cognitive health. Take care of your heart, and your brain just might follow.

Heads up!

Brain injury can raise your risk of cognitive decline and dementia. Wear a seat belt, use a helmet when playing contact sports or riding a bike, and take steps to prevent falls.

Fuel up right

Eat a healthy and balanced diet that is lower in fat and higher in vegetables and fruit to help reduce the risk of cognitive decline. Although research on diet and cognitive function is limited, certain diets, including Mediterranean and Mediterranean-DASH (Dietary Approaches to Stop Hypertension), may contribute to risk reduction.

Catch some Zzz's

Not getting enough sleep due to conditions like insomnia or sleep apnea may result in problems with memory and thinking.

Take care of your mental health

Some studies link a history of depression with increased risk of cognitive decline, so seek medical treatment if you have symptoms of depression, anxiety or other mental health concerns. Also, try to manage stress.

Buddy up

Staying socially engaged may support brain health. Pursue social activities that are meaningful to you. Find

ways to be part of your local community — if you love animals, consider volunteering at a local shelter. If you enjoy singing, join a local choir or help at an after-school program. Or, just share activities with friends and family.

Stump yourself

Challenge and activate your mind. Build a piece of furniture. Complete a jigsaw puzzle. Do something artistic. Play games, such as bridge, that make you think strategically. Challenging your mind may have short and long-term benefits for your brain.

I hope you have found the information above helpful and let's all make sure to take time and give our brains a little First Aid!

Hurricane Advice from Experts to Californians

By Anna Pinter

Southern Californians do not worry about hurricanes. Residents prepare for earthquakes by making an effort to be prepared. We listen to the experts and assemble a three-day "Grab and Go" bag, store water and food for our families and pets and attend classes to learn more about preparedness. As in all potential disasters, some residents have a ho hum attitude of "Nothing is going to happen to me."

Bill Patzert, climate scientist at NASA's Jet Propulsion Laboratory in Pasadena, said "The chance for a hurricane making landfall in Southern California is virtually zero. All you would get is the remnants of a tropical storm breaking up over Baja. Our ocean temperature is still very cold – 58 to 60 degrees. While a tropical storm is unlikely to make it this far north it is a real, if rare, possibility. There is that long shot, especially in a world that is getting warmer."

The storm of 1939 taught the experts to never-say-never. Weather officials don't pooh-pooh the possibility. An unnamed storm of 1939 made landfall at Long Beach, packing 75 mph winds. It dumped more than five inches of rain in 24 hours across a wide area, triggering extensive flooding and killing 45 people. There was damage in Sunset Beach. The government offices that serve up forecasts for the Los Angeles region participate in training every year. The training was initiated following the damage from the tropical storm that slammed ashore that late summer of 1939.

Many years later, Southern California had a brush with a particularly dangerous storm in September that happened during the El Nino season of 1997-1998. Hurricane Linda took dead aim at the Southern California coast before veering northwest toward the open sea. This event was a close call.

In California, residents have had many disasters or near disasters in recent years. Examples are many: rains producing floods, landslides during El Nino, drought conditions causing environmental catastrophes and fires have become more prevalent year round.

Residents living in California cannot be complacent. We need to find ways to be informed about all types of weather and the dangers we face due to Mother Nature.

Vacation Disasters

By Anna Pinter

Californians need to be more vigilant and know the dangers of all types of weather. Americans are adventurous and plan vacations all over the world.

How many times have you heard tales about a vacation that yielded many disaster surprises and natural disasters? How many times have you been on vacation and needed extra knowledge of what to do or a safe place to go? Have you ever been in a situation on vacation when you did not feel safe and wondered if you would survive?

Recently I was watching on television the hurricanes in Puerto Rico, the Hawaiian Islands, and the East Coast and was reminded of close calls my friends and I had experienced over the years. Some of the experiences were life-threatening and others were sad and life-changing events.

You cannot pack up all your disaster supplies and take them with you on a trip. You can make plans in advance of a vacation or daytrip away from home. There are organizations that offer printed literature on every disaster. Everyone with an iPhone or an Android Phone can find Apps giving life-saving information. Some of these Apps are offered by the American Red Cross, Google Play, Weather Channel, FEMA and many more sources. There is information on bee attacks, ant bites, rattlesnake bites, cactus needles, lightning, dam collapse, rip tides and many more. There is an App called Monster Guard for kids 7-11 years of age.

Places I have traveled are more prone to tornadoes, rain, flooding, heat stroke and other problems not related to our more common danger of earthquakes. Southern California has an occasional smaller tornado, fires have become year round events, and barren hills bring on more mudslides and flooding. Drought brings many problems and Californians have experienced the aftermaths. When danger is in our backyard we feel safer and may be more complacent. We need to broaden our education to meet our safety needs.

Before you go on a vacation to a different area, take a few minutes to study about the different dangers you might experience in the new and exciting places you are visiting. Also have a map which shows you where the hospitals are located. Where are the American Red Cross offices located? If you have a health problem and might require assistance, wear a Medical Alert ID and have a list of problems to show an emergency caregiver. Make sure your medications are with you at all times.

There are natural disasters which happen suddenly. The best advice is to expect anything can happen and inform yourself of common situations that happen in the places you are traveling. Always listen to the advice of emergency officials such as fire and police. When you are told to evacuate, **LISTEN** and **OBEY**. Many lives are saved

because people listen and leave the dangerous areas. Do not put the first responders' lives in danger when you do not act wisely and have to be rescued because you put yourself in an unsafe dangerous place and have to be rescued.

Get your family and home ready for a tornado. The **American Red Cross Tornado App** is the complete solution you need to understand and prepare for a tornado and all that comes with it. With **interactive** quizzes and simple step-by-step advice it's never been easier to be ready!

For the Apple iPhone:

[Tornado: American Red Cross on the App Store - iTunes - Apple.](#)

<https://itunes.apple.com/us/app/tornado-american-red-cross/id602724318?mt=8>

For Android Devices:

[Tornado - American Red Cross - Apps on Google Play](#)

https://play.google.com/store/apps/details?id=com.cube.arc.tfa&hl=en_US

Features:

- Free and available in English and Spanish
- Audible siren when NOAA issues a Tornado warning for any of your monitored locations letting you know when it's time to go to your safe room plus an all-clear alert when the warning expires (Note: Alerts' sounds will NOT override if phone is on vibrate or in sleep mode)
- Customizable alerting and push notification options
- Easy to view alert feed with the ability to remove alerts
- Simple step-by-step instructions to help you know what-to-do even if the cell towers and TVs are down
- Prioritized actions for before, during, and after requires no mobile connectivity
- Help distant friends and family in tornado alley with ability to receive tornado watch and warning alerts based on their location from NOAA
- Map with open Red Cross shelters and other weather-related layers
- Be ready should a tornado hit by learning how to assemble an emergency kit for your family in the event of power outage or evacuation
- Reduce your household's stress and anxiety should a tornado hit by learning to make and practice an emergency plan
- Interactive quizzes allow you to earn badges that you can share with your friends and show off your tornado knowledge
- Know the difference between a watch and a warning
- Learn how to deal with food and water impacted by floods and power outages
- Simply let friends/family know you're safe with customizable "I'm Safe" notification sharable thru social media, text and email
- Let others know where you are with the Toolkit's strobe light, flashlight and audible alert functions

Learning from Each Experience

By John Bishop

Part 2 – "I'm a Nurse"

The weather within Smokey Mountain National Park can change drastically in a relatively short time. This might be hard to believe, but on the same HOG (Harley Owners Group) ride as the incident in Part 1 of this series another more serious crash took place.

Coming around a very tight, blind mountain hairpin turn, bikes were scattering in all directions. While we did not see it happen, it was obvious the crash had just taken place. A few of us quickly put on our emergency blinkers, parked in a safe, but protective manner for the crash and immediately got the motorcycle progression moving around the incident. This is actually part of our HOG group riding training.

I know myself. Prior to taking the CERT training, I would have moved in to help make sure the motorcycle was ok! But I know better now and went directly to the downed rider. She was off the road in the grass and mud where the bike ended up. My CERT training was in autopilot. I went straight to her, looked her in the eye and said "My name is John and I am trained in first aid. Would you like some help?" Nicely done, wouldn't you agree? That's when it went downhill. The woman responded, "I am a nurse." To which I said, "Well, I guess you know more about this than I do" and went to help with the damaged motorcycle.

After helping with the motorcycle a few minutes, it occurred to me that it did not matter if she was a nurse or doctor, neither one could repair themselves! The woman was clearly very upset and was saying her leg hurt. It took a moment, but I returned to her and just talked to her about the situation and how the other bikers had her machine under control. Looking back, she was clearly in minor shock and needed to talk to someone. As it turned out, her husband was riding in front of her and never knew she crashed and kept going. We sent a bike to go find him.

This is a CERT situation where I thought I did the exact right thing and was then thrown a curveball ("I'm a nurse."). I'm ready for the next time someone says something like that. I'll ask them to help guide me to do their injury assessment and repair. This would work with any type of emergency or medical professional.

Hopefully you'll remember this story for the day something like this happens to you.

Floods in Kerala, India

By Raji Shunmugavel

Recently in the month of August, my husband and I traveled to attend the 50th anniversary of his graduation from engineering college in Madurai, India. As a part of the celebration, we were supposed to stay in a resort in Munnar, Kerala for three days. But before we reached

India, Kerala declared an emergency and closed the borders due to the flood. Our stay at the Munnar Resort was changed to a hotel in Madurai.

At the Madurai hotel, when my husband read the newspaper, The Hindustan Times of India, he found an article about how ham radio operators were saving lives in Kerala. In the article, one interesting point that I noted was "Ham Radios are battery operated and so do not require power supply. A number of Ham stations are also solar powered so they can function even during the floods."

It's good to know ham radio operators are available to help with disasters around the world.

Amateur Radio Operators Saved Lives in India

Taken from an article by Suwil Wilson in Kerala--Call Sign VU2IT

By Virginia Petrelis

When the Indian state of Kerala was hit by the worst flood and landslides in 100 years, ham operators worked around the clock to help and support the District Disaster Management Authority with rescue and relief operations. Six districts were submerged in seven to fifteen feet of water from flooding by nearby rivers. One million people were in relief camps and more than 300 died. Power and mobile communications were cut off.

More than 120 ham radio operators all over Kerala sent in reports of people who were stranded or needed medical attention. The operators included doctors, agriculturalists, IT professionals, engineers and other professionals who volunteered their time for relief efforts. Interestingly, there were no ham radio organizations from anywhere in India involved and the whole exercise was done by individual hams gathered together when the news about the flood was announced by the Government. Messages about the stranded victims and medical support requests were relayed to the nearest local control operator who in turn transmitted to the control center in the State Capital and was relayed to the authorities and forces doing search and rescue. This model worked flawlessly for six days till the end of search and rescue operations.

Even though there was not a single national/state level ham radio club/organization coordinating the operation, the extremely surprising gathering of individual hams in all districts started functioning and become a strong network. The hams reported the location and other details of more than 15,000 victims stranded on roofs as flood waters raised up the second floor of buildings. There were confirmed reports of more than 1,800 cases of rescue by boats and airlift reported by hams.



Disaster Preparedness Expo

Saturday, Sept. 29

10:00 AM - 2:00 PM

FOR MORE
INFORMATION

Call Carol Burtis
714-536-5979
or email

carol.burtis@surfcity-hb.org



Hosted by the Huntington Beach Fire Department
CERT Program

Please join us at the Huntington Beach Central Library, 7111 Talbert Avenue, from 10:00 AM until 2:00 PM for our Disaster Preparedness Expo! Come learn how you can be better prepared for all types of disasters. Bring the kids! We will have information and activities provided by:

- ❖ Huntington Beach CERT
- ❖ Huntington Beach Explorers
- ❖ Huntington Beach Fire Department
- ❖ Huntington Beach Marine Safety
- ❖ Huntington Beach Police Department
- ❖ Huntington Beach RACES
- ❖ National Weather Service
- ❖ SCART (Surf City Animal Response Team)
- ❖ Southern California Edison
- ❖ Southern California Gas Company
- ❖ The American Red Cross



HUNTINGTON BEACH FIRE DEPARTMENT

714 536-5411
FOR MORE
INFO



2018 OPEN HOUSE

Saturday, October 13 - 10am to 2pm

In Recognition of National Fire Prevention Week (firepreventionweek.org):
LOOK. LISTEN. LEARN. Be Aware. Fire Can Happen Anywhere.

Fire Station 1 - Gothard
18311 Gothard Street

**Firefighting Demonstrations at
11:00 am & 1:00 pm**

*Visit with your local firefighters!
Watch exciting demonstrations!
Meet Sparky the Fire Dog!
See a fire engine up close!*

Refreshments prepared courtesy of the Huntington Beach Firefighters' Association and beverages provided by the Fire Management Association





CERT Training Requirements Guide

Carol Burtis
 carol.burtis@surfcity-hb.org
 Huntington Beach Fire Department
 2000 Main Street
 Huntington Beach, CA 92648
 Phone 714-536-5979

Community Emergency Response volunteers must meet the following requirements:

Requirements for completing CERT Basic Training
<p>FEMA CERT Basic Training - 20 hours</p> <p>FEMA IS 317 Introduction to CERT: https://training.fema.gov/is/courseoverview.aspx?code=IS-317</p> <p>Be at least 16 years old to be able to graduate.</p> <p>Complete a CERT Application form.</p>

Requirements to be a CERT Member (Huntington Beach Fire Department Volunteer)
<p>FEMA CERT Basic Training - 20 hours</p> <p>Live Scan - Cost \$42-\$50 (depending on where you have it done)</p> <p>FEMA IS 317 Introduction to CERT: https://training.fema.gov/is/courseoverview.aspx?code=IS-317</p> <p>Red Cross First Aid/CPR/AED * - 6 hour class - Taught several times a year by CERT - Cost \$35</p> <p>CERT Responder Course - 6 hours - Taught once a year by CERT</p>

Requirements to be a CMAP (CERT Mutual Aid) Volunteer for Orange County
<p>FEMA CERT Basic Training - 20 hours</p> <p>FEMA IS 317 Introduction to CERT: https://training.fema.gov/is/courseoverview.aspx?code=IS-317</p> <p>Live Scan - Cost \$42-\$50 (depending on where you have it done)</p> <p>Red Cross First Aid/CPR/AED * - 6 hour class - Taught several times a year by CERT - Cost \$35</p> <p>CERT Responder Course - 6 hours - Taught once a year by CERT</p> <p>Red Cross Shelter Fundamentals - Taught a few times a year by Red Cross</p> <p>FEMA IS 100 - https://training.fema.gov/is/courseoverview.aspx?code=IS-100.b</p> <p>FEMA IS 200 - https://training.fema.gov/is/courseoverview.aspx?code=IS-200.b</p> <p>FEMA IS 700 - https://training.fema.gov/is/courseoverview.aspx?code=IS-700.b</p>

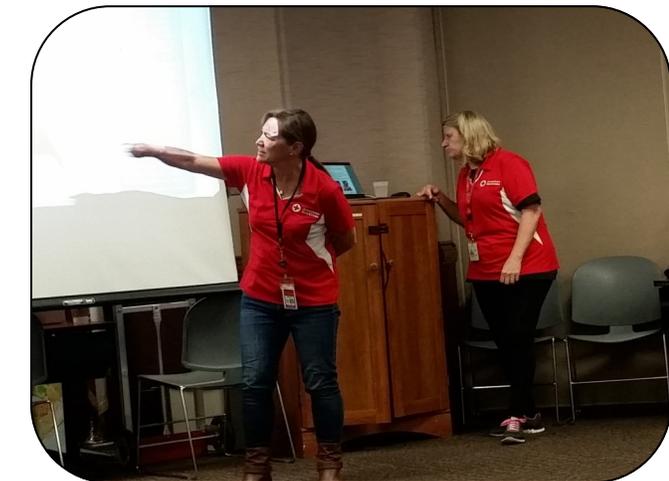
Requirements to be a CERT Team Leader
<p>FEMA CERT Basic Training - 20 hours</p> <p>FEMA IS 317 Introduction to CERT: https://training.fema.gov/is/courseoverview.aspx?code=IS-317</p> <p>Live Scan - Cost \$42-\$50 (depending on where you have it done)</p> <p>Red Cross First Aid/CPR/AED * - 6 hour class - Taught several times a year by CERT - Cost \$35</p> <p>CERT Responder Course - 6 hours - Taught once a year by CERT</p> <p>Red Cross Shelter Fundamentals - Taught a few times a year by Red Cross</p> <p>FEMA IS 100 - https://training.fema.gov/is/courseoverview.aspx?code=IS-100.b</p> <p>FEMA IS 200 - https://training.fema.gov/is/courseoverview.aspx?code=IS-200.b</p> <p>FEMA IS 700 - https://training.fema.gov/is/courseoverview.aspx?code=IS-700.b</p> <p>CERT Leadership Training</p> <p>Member of HB CERT at least 1 year</p> <p>Quarterly participation in CERT activities or events</p> <p>1 year on team which you wish to Lead</p> <p>FEMA IS 240 - https://training.fema.gov/is/courseoverview.aspx?code=IS-240.b</p>

* or equivalent type of class

SENIOR SATURDAY, SEPTEMBER 8, 2018



RED CROSS FIRST AID AND CPR AID CLASS, SEPTEMBER 15, 2018



RED CROSS FIRST AID AND CPR AID CLASS, SEPTEMBER 15, 2018 (Cont)



CERT GENERAL MEETING, SEPTEMBER 13, 2018



HB POLICE DEPARTMENT OPEN HOUSE SEPTEMBER 22, 2018



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

- Disaster EXPO, September 29, 2018, 10:00 am to 2:00 pm, HB Central Library, Register on CERT member portal to help
- CERT General Membership Meeting, October 11, 2018, 6:30 PM in B8
- Fire Department Open House, October 13, 2018, 10:00 am to 2:00 pm at Gothard Fire Station
- Air Show, October 19 –21, 2018, Register on CERT member portal to help.
- CERT General Membership Meeting, November 8, 2018, 6:30 PM in B8

CPR Classes

Fire Med customers can take CPR classes for free and non-FireMed customers can take classes for a fee.

- Saturday, October 13, 10:00 am – 1:00 pm
- Wednesday, October 24, 6:00 pm – 9:00 pm
- Saturday, November 17, 10:00 am – 1:00 pm
- Wednesday, November 28, 6:00 pm – 9:00 pm
- Saturday, December 8, 10:00 am – 1:00 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.

CERT NEWSLETTER STAFF: Virginia Petrelis (Editor), Peter Petrelis (Publisher), Richard Batistelli, Anna Pinter, Cynthia Goebel, Carol Nehls, Rajarajeswari (Raji) Shunmugavel, Cathy Stanfill

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!)