



November 2017

HB CERT HIGHLIGHTS

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CLASS 1

ANNUAL CERT HOLIDAY PARTY

By Phil Burtis



Yes, December seems a long time off, but it will be here really soon! Once again, we will have our party on the regular CERT meeting night, December 14, 2017 from 6:30 PM until 8:30 PM. We ask everyone to contribute either an appetizer or a dessert.

And, just for something different, we would like you to name your food contribution after a movie. We hope that will be "reel" fun! Some examples could be:

- Poseidon Adventure upside down cake
- In the Heat of the Night Texas chili
- Animal House 7-layer dip
- Bull Durham meatballs

Just make a little sign for what you bring so we can all see how creative you can "reelly" be!

Please be sure your schedule has the second Thursday in December blocked out for your CERT party. We'll have the treats you all bring, some awards, and yes, the traditional gift "exchange" game. More details will be in the following newsletters. We hope to have a tremendous turnout this year. See you at the movies!

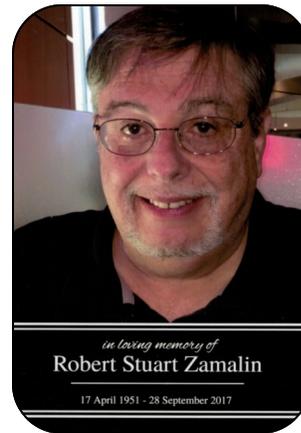
Kidde Recalls Some Fire Extinguishers

This recall involves two styles of Kidde fire extinguishers: plastic handle fire extinguishers and push-button Pindicator fire extinguishers.

Plastic handle fire extinguishers: The recall involves 134 models of Kidde fire extinguishers manufactured between January 1, 1973 and August 15, 2017, including models that were previously recalled in March 2009 and February 2015. The extinguishers were sold in red, white and silver, and are either ABC- or BC-rated. The model number is printed on the fire extinguisher label. For units produced in 2007 and beyond, the date of manufacture is a 10-digit date code printed on the side of the cylinder, near the bottom. Digits five through nine represent the day and year of manufacture in DDDYY format. Date codes for recalled models manufactured from January 2,

2012 through August 15, 2017 are 00212 through 22717. For units produced before 2007, a date code is not printed on the fire extinguisher.

https://www.cpsc.gov/Recalls/2017/kidde-recalls-fire-extinguishers-with-plastic-handles-due-to-failure-to-discharge-and



Robert Zamalin

We are sad to announce Robert Zamalin passed away on September 28, 2017. Bob was an active and valued member of Huntington Beach CERT, RACES and American Red Cross. He launched and was the administrator of

our CERT Facebook page.

Bob will especially be missed by our CERT newsletter team. We could always depend on Bob to start working on the articles at home, to arrive early for our meetings and greet us with a smile on his face. At the end of the day he would post the newsletter online. He was infinitely patient, helpful, and treated everyone with respect.

Before he retired, Bob was an administrator for the Los Angeles Superior Court. He applied his many life skills to his several volunteer jobs and will be missed by all of us.

FREE FLU SHOTS

Huntington Beach Hospital is having their annual Drive-Through Flu Shot Clinic the morning of Saturday, Nov. 11, 2017. If you haven't already had a flu shot, please avail yourselves of this free service. You may drive thru or walk up. The address is 17772 Beach Blvd, Huntington Beach, 92647

Fall, 2017 CERT Basic Training Class
By Phil Burtis



The fall CERT class was conducted in an entirely new format over the weekend of October 20 – 22 and nearly 50 people persevered and graduated to become our latest CERT member candidates.

The new format consisted of much more hands-on activities and was held at the Rodgers' Community Center rather than the fire training center. Friday night was all lectures on personal preparedness, what is CERT, and a few other topics. Saturday was fun with hands-on first aid and triage for the entire day. Once again our first aid team instructors really shone. Sunday was divided into two parts: the first half was more hands-on including fire extinguisher, lift & drags, cribbing & shoring and building search. We want to acknowledge and thank Captain Bob Culhane who did the fire prevention talk and the entire crew under Captain Gary Finney who did the cribbing & shoring demo on the patio outside the center.

The second half of Sunday was the really fun part. Having access to the entire community center allowed us to stage a more robust exercise than we could in just the one room at the fire training center's "white house." We were able to have two teams re-create the CERT video we showed Friday night where the neighbors come together and then go deal with the community center: shutting off gas, extinguishing a fire, triaging and helping the injured. The class participants did an amazing job, and the planning team accomplished their goal of a hands-on interesting fun class.

Fire Chief Segura and HB Councilman O'Connell came by at graduation time and handed out completion certificates to everyone.

We want to thank all participants and most especially all the CERT volunteers who helped stage and instruct

at the class. A special shout-out goes to the volunteers from our last class who took the opportunity to get involved in CERT right away. We had a great turnout.

Open House at the Huntington Beach Masonic Lodge

By Donald (Don) E. Mabe Jr.

Saturday October 28th an open house was held at the Huntington Beach Masonic Center. The lodge showed off its Youth Groups as well as its men's and women's groups and there was a lot of interest around the MERT (Masonic Emergency Response Team). MERT is based upon the very successful CERT (Community Emergency Response team) but centered around the lodge, specifically the 250 widows that we look after. MERT was formed in Huntington Beach by first having prospective members go through the Huntington Beach CERT training. The MERT booth this fall featured some emergency basics like how to shut off the gas main and how to prepare a "go bag" for the home and car, as well as specialty "go bags."



October 12, 2017 CERT Monthly Meeting

By Cynthia Goebel

Our speaker from Southern California Edison was ill and unable to come to our meeting. In his absence Phil showed us a video about power line safety. For those who missed it (or would like to view it again) go to <https://www.youtube.com/watch?v=fLVzvMTgGDY>.

A new meeting feature, a short experience sharing time, was introduced: Raji Shunmugavel spoke of her volunteer experience encouraging walkers/runners at an Alzheimer's event held along the Bolsa Chica pathway. Her "job" was to encourage participants to finish and to thank them for their contributions.

The majority of the meeting time was given to a table top exercise: We were divided into groups of six and our mission was to analyze and then organize a neighborhood response to a scenario of a 9+ earthquake with aftershocks, power outage, buildings damaged, at least one person trapped and calling for help, no outside help for three days, etc.

At the end of the exercise, each neighborhood (table) reported how they would handle the search and rescue, where they might set up a shelter and what supplies could possibly be shared among the neighbors. It was interesting to hear how well prepared some of our CERT members are.

Fire Department Open House

On Saturday, October 14, 2017, the Huntington Beach Fire Department held a very popular Open House at the fire station/training center on Gothard Street. In case you missed it, here is a video of the event. It appears a good time was had by all!

<https://www.youtube.com/watch?v=y50Ofm-PDiA&feature=youtu.be>

Orange County Water District (OCWD) Ground Water Replenishment System (GWRS)

by Phil Burtis

Many of you were at the CERT meeting where the Orange County Water District (OCWD) gave us a presentation on the Ground Water Replenishment System (GWRS), and some of you even came on the tour of the GWRS facility. So if you found that interesting, read on – there's more to the story.

As background, the GWRS takes somewhat-cleaned water from the Orange County Sanitation District and runs it through a three-step process to create pure, clean, drinkable water. They don't put that water directly back into the water distribution system. Instead, they pipe the water 14 miles up to settling basins in Anaheim where it percolates back into the underground water aquifer (hence the name ground water replenishment). Imported water from external sources and Santa Ana River water also merge into those settling ponds and eventually the water is pumped back out of the aquifer by individual cities and delivered to your tap.

I went on a tour to the Anaheim settling ponds and observed a rubber dam that re-routes the Santa Ana River water and also goes back behind Prado dam where OCWD has an extensive habitat restoration project. It's really quite impressive.

Anaheim OCWD owns a lot of land and they use it for settling basins for all the water they collect back into the aquifers. The sources can be the GWRS, Santa Ana River, or imported from up north via the CA aqueduct or from the Colorado River. Figure 1 shows the end of the pipe from the GWRS to the settling basin.



Figure 1

Figure 2 shows the actual GWRS water streaming out of the pipe – they built the little Plexiglas window just to show it!



Figure 2

Figure 3 shows one of the settling ponds and figure 4 shows the spillway where imported water comes in.



Figure 3

(Continued on page 4)



Figure 4



Figure 7

In order to capture any water that comes down the Santa Ana River, OCWD built a rubber dam that re-routes the water from the river bed to a side channel that feeds into the settling ponds. In figure 5, you'll see water to the left (upstream), the rubber dam, and on the right the river is basically dry. Figure 6 shows the side channel as it flows down towards the ponds.

Well, as it turns out, Prado is really a flood control dam. See figures 8 and 9. Yes, there's lots of water back there. It has a huge population of endangered species that thrive in the wetlands back there. Now that actually presents a problem and a corresponding opportunity. Suppose you wanted to let Prado hold more water? Well, the water would flood some of this habitat which is bad for the critters. Solution? Build them a new habitat further back and higher up, convince the critters to move, and then you're set. So that's what OCWD is doing. They have a whole series of ponds that are home to all sorts of fish and fowl. It was a fascinating day of learning things I never knew and I hope someday if you get the chance you could visit the other end of our water supply too.



Figure 5



Figure 8



Figure 6



Figure 9

The most surprising thing of all was Prado dam, figure 7. I guess I expected it to look like Hoover dam or something – just a big lake back there. But No! In fact it looked more like a forest than a reservoir. So what's the deal?

Protecting Yourself Against the 2017-2018 Seasonal Flu

By Anna Pinter

If you have not received the 2017-2018 flu vaccine, read the recommendations from the World Health Organization (WHO) and the Center for Disease Control (CDC.) It is not too late.

Their recommendation is to receive the vaccine now, if you have not already gotten one this season. It is best to have the vaccination before the flu begins to spread. The vaccine takes approximately two weeks for the antibodies to develop in the body and provide protection against the flu. The CDC says ideally you should be vaccinated by the end of October if possible. However, getting vaccinated later is beneficial. The vaccinations may be offered throughout the flu season, even into January or later.

Protective Actions

What should I do to protect myself from flu this season?

CDC recommends a yearly [flu vaccine](#) for everyone 6 months of age and older as the first and most important step in protecting against this serious disease.

Take everyday preventive action. Wash your hands often to prevent germs from spreading. Try to stay away from people who have the flu. If you are sick with the flu stay home from work and school to prevent spreading the flu to others.

Check with your doctor promptly if you are at high risk of serious flu complications. There are prescription medications called “antiviral drugs” that can be used to treat flu illness. If you get the flu, antiviral drugs are a treatment option. Antiviral drugs are prescription medicines (pills, liquid, an inhaled powder, or an intravenous solution) that fight against the flu in your body. Antiviral drugs are different from antibiotics, which fight against bacterial infections. Antiviral drugs are not a substitute for getting flu vaccine. While flu vaccine can vary in how well it works, a flu vaccine is the first and best way to prevent seasonal influenza.

Following is a list of all the health and age factors that are known to increase a person’s risk of getting serious complications from the flu:

- Asthma
- Neurological and neurodevelopmental conditions
- Blood disorders (such as sickle cell disease)
- Chronic lung disease (such as chronic obstructive pulmonary disease [COPD] and cystic fibrosis)
- Endocrine disorders (such as diabetes mellitus)

- Heart disease (such as congenital heart disease, congestive heart failure and coronary artery disease)
- Kidney disorders
- Liver disorders
- Metabolic disorders (such as inherited metabolic disorders and mitochondrial disorders)
- People who are obese with a body mass index [BMI] of 40 or higher
- People younger than 19 years of age on long-term aspirin therapy
- People with a weakened immune system due to disease or medication

Other people at high risk from the flu:

- Adults 65 years and older
- Children younger than 5 years old, but especially children younger than 2 years old
- Pregnant women and women up to 2 weeks after the end of pregnancy
- American Indians and Alaska Natives
- People who live in nursing homes and other long term care facilities

For more information from the Center for Disease Control, go to: https://www.cdc.gov/flu/about/disease/high_risk.htm.

A few things are new this season:

The recommendation to **not** use the nasal spray flu vaccine (LAIV) was renewed for the 2017-2018 season. Only injectable flu shots are recommended for use again this season.

Flu vaccines have been updated to better match circulating viruses (the influenza A(H1N1) component was updated).

Pregnant women may receive any licensed, recommended, and age-appropriate flu vaccine.

Two new quadrivalent (four-component) flu vaccines have been licensed: one inactivated influenza vaccine (“Afluria Quadrivalent” IIV) and one recombinant influenza vaccine (“Flublok Quadrivalent” RIV).

The age recommendation for “Flulaval Quadrivalent” has been changed from 3 years old and older to 6 months and older to be consistent with FDA-approved labeling.

The trivalent formulation of Afluria is recommended for people 5 years and older (from 9 years and older) in order to match the Food and Drug Administration package insert.

The seasonal flu is not to be taken lightly. Many people die in the United States and around the world due to this illness. See your doctor promptly if you have flu symptoms.

Susan McClaran's First Aid Corner **By Susan McClaran**

It seems to me that every year we work the U.S. Open or the Air Show, we have an occasion or two where somebody asks, "Do you think I need stitches"? With that in mind, I thought you might enjoy some information on it and found this article from Web MD.

Note Please add some Steri Strips to your First Aid Kits for the times you cannot get to the doctor or when one may not be around. Before sealing the wound, ensure that it has been thoroughly cleaned.

Cuts: When Stitches Are Needed

It is important to determine if your wound needs to be closed by a doctor. Your risk of infection increases the longer the wound remains open. Most wounds that require closure should be stitched, stapled, or closed with [skin adhesives](#) (also called liquid [stitches](#)) within 6 to 8 hours after the injury. Some wounds that require treatment can be closed as long as 24 hours after the injury.

Wash the wound well and stop the bleeding, then pinch the sides of the wound together. If the edges of the wound come together and it looks better, you may want to consider seeing your doctor for treatment. If treatment may be needed, do not use an antiseptic until after a doctor has examined the wound.

The location and type of wound also affects how soon it should be treated.

- Wounds that have an increased risk of infection, such as dirty cuts or crush injuries, are usually closed within 6 hours after the injury. Occasionally a wound that has an increased risk of infection will not be closed until after 24 hours, or may not be stitched at all, so that adequate cleaning and antibiotic treatment can be done initially to prevent infection.
- A cut with a clean object, such as a clean kitchen knife, may be treated from 12 to 24 hours after the injury depending on the location of the cut.
- A facial wound may be treated to reduce scarring.

Treatment by a doctor is more likely to be needed for:

- Wounds that are more than 0.25 in. (6.5 mm) deep, that have jagged edges, or that gape open.
- Deep wounds that go down to the fat, muscle, bone, or other deep structures.
- Deep wounds over a joint, especially if the wound opens when the joint is moved or if pulling the edges of the wound apart shows fat, muscle, bone, or joint structures.
- Deep wounds on the hands or fingers.
- Wounds on the face, lips, or any area where you are worried about scarring (for cosmetic reasons). Wounds on the eyelids often need treatment for both functional and cosmetic reasons.

- Wounds longer than 0.75 in. (20 mm) that are deeper than 0.25 in. (6.5 mm).
- Wounds that continue to bleed after 15 minutes of direct pressure.

The types of wounds listed above usually need an evaluation by a doctor but may not always need to be closed by a doctor.

Treatment by a doctor may not be needed for:

- Wounds with smooth edges that stay together during normal movement of the affected body part.
- Shallow wounds less than 0.25 in. (6.5 mm) deep and less than 0.75 in. (20 mm) long.
- Most puncture wounds.
 - The wounds tend to be smaller, and treatment does not speed healing or reduce scarring.
 - The wounds tend to be deeper, narrower, and harder to clean. Closing a puncture wound with stitches, staples, or [skin](#) adhesive may seal bacteria into it, which increases the risk of infection.
 - If a puncture wound becomes infected, it will usually drain better and heal faster if it is not closed with stitches, staples, or skin adhesive.

2017 Breitling Huntington Beach Air Show September 29 – October 1, 2017

For the second year, CERT provided volunteers in support of the air show. Unfortunately Friday, Sept 29th was cool and foggy. The visibility was so poor the show was cancelled.

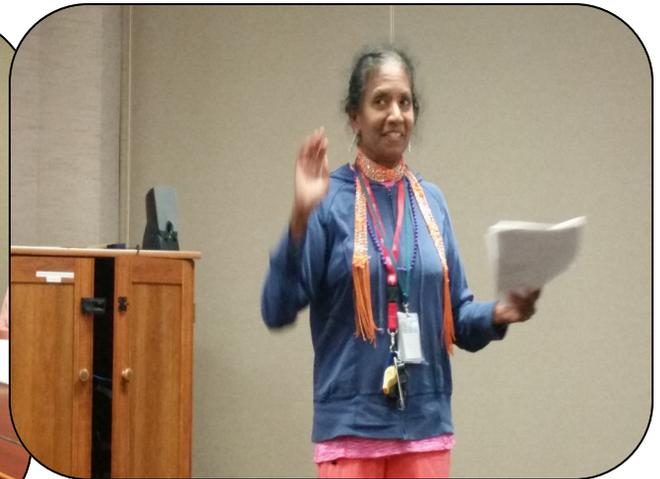
Raji Shunmugavel volunteered as a CERT communicator, working with RACES. It was their responsibility to help with public safety by reporting hazardous conditions, incidents, suspicious activity and unruly behaviors to net control via ham radio. The assigned area ran from the pier to Twin Dolphin Dr.

The CERT First Aid Team had two Med Tents. One was towards the show center, across from Naugles restaurant. The other was by the Life Guard building. A total of 75 situations were handled, anywhere from handing out a band-aid to five situations requiring paramedic response. In addition, someone donated ear plugs so 52 sets were handed out when requested.

At Pier Plaza, many vendors were busy handing out free samples, selling water, soda and juice. Ruby's sold hamburgers from carts as the ocean end of the pier was closed.

RACES and CERT volunteers received free lunches and a "front row seat" for the air show. It was a very enjoyable and educational weekend.

HB CERT MONTHLY MEETING, OCTOBER 12, 2017



HB CERT MONTHLY MEETING, OCTOBER 12, 2017 (continued)



HB FIRE DEPARTMENT OPEN HOUSE, OCTOBER 14, 2017



2017 BREITLING HUNTINGTON BEACH AIR SHOW, SEPTEMBER 29 —
OCTOBER 1, 2017



2017 BREITLING HUNTINGTON BEACH AIR SHOW, SEPTEMBER 29 —
OCTOBER 1, 2017 (continued)



2017 BREITLING HUNTINGTON BEACH AIR SHOW, SEPTEMBER 29 —
OCTOBER 1, 2017 (continued)



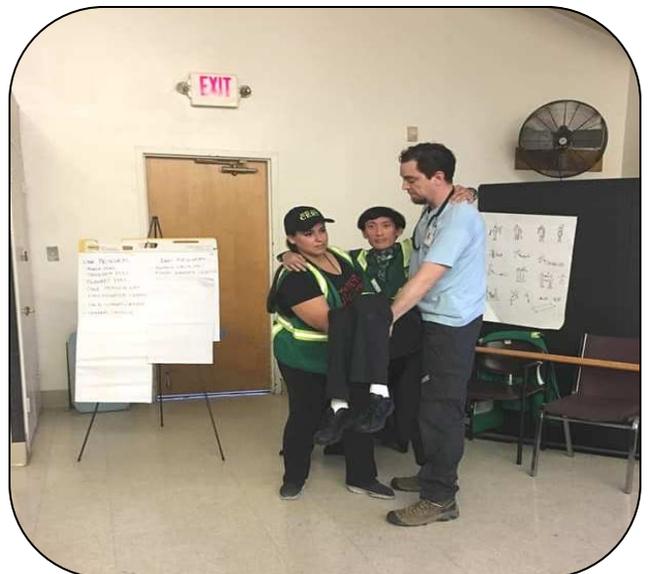
FALL HB CERT BASIC TRAINING CLASS, OCTOBER 20—22, 2017



FALL HB CERT BASIC TRAINING CLASS, OCTOBER 20—22, 2017 (continued)



FALL HB CERT BASIC TRAINING CLASS, OCTOBER 20—22, 2017 (continued)





**Huntington Beach
Community Emergency Response Team
2017 schedule**

HBCERT Events 2017	Date	Details
Senior Saturday	Saturday, Sept. 9th	HB CERT Event Support
CERT September Monthly General Meeting	Thursday September 14th	6:30pm-8:00pm Room B7 in the Civic Center
CERT Fall Basic Training	August, October or November 2017	Training for membership Time & Location TBD
HB Air Show	Sept. 30-Oct. 1	HB CERT Event Support
CERT October Monthly General Meeting	Thursday, October 12th	6:30pm-8:00pm Room B7 in the Civic Center
Fire Department Open House	Saturday, Oct. 14	Additional details 10a-2p CNET fire station HB CERT Event Support
Huntington Beach Hospital Flu Shot & Health Fair	TBD*	Time TBD
CERT November Monthly General Meeting	Thursday, November 9th	6:30pm-8:00pm Room B7 in the Civic Center
CERT December Monthly General Meeting	Thursday, December 14th	6:30pm-8:00pm Room B7 in the Civic Center

* Event dates will be announced as they become available

** Events may be added or removed to the calendar

CITY OF HUNTINGTON BEACH CERT

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, Electrical Safety, Wayne Williams from SCE, 6:30 PM November 9, 2017 in B8
- CERT General Membership Meeting, Holiday Party, 6:30 PM December 14, 2017 in B8 & B7

CPR Classes

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

- Saturday, November 18, 10:00 am – 1:00 pm
- Saturday, December 9, 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), Anna Pinter, Cynthia Goebel, Carol Nehls, Rajarajeswari (Raji) Shunmugavel, Barbara Scott

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!)