



CITY OF HUNTINGTON BEACH CERT NEWSLETTER

SINCE 1991

February 2017

HB CERT HIGHLIGHTS

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CLASS 1

Special CERT Event: The “Father” of CERT

February 9, 2017, 6:30 pm in HB Council Chambers

By Carol Burtis

If you can only make one Huntington Beach Community Emergency Response Team (CERT) event this year, please consider attending the February 9 monthly meeting. Frank Borden, the former Assistant Chief of the Los Angeles Fire Department, will be the guest speaker. He conceived and initiated the CERT program in Los Angeles. Following a 1991 tornado here in Huntington Beach, the City adopted Los Angeles’ program. Huntington Beach became one of the preeminent CERTs in Orange County. CERT is now nation-wide under FEMA, the Federal Emergency Management Agency.



CERT is very fortunate to have the opportunity to welcome Frank Borden, the man who started it all, to present the history of CERT. Please come to this extremely interesting presentation. We would

love to have a huge turnout to support Frank Borden and thank him for agreeing to speak to us. The presentation will be Thursday, February 9, at 6:30 pm in the City Hall Council Chambers.

Frank Borden retired from the Los Angeles City Fire Department as an Assistant Chief with over 36 years of service and became a consultant and instructor in emergency management and preparedness. In his last assignment, he was the Commander of the Training and Disaster Preparedness Division of the Fire Department and member of the City of Los Angeles Emergency Operations Organization.

He has an extensive background in emergency planning, preparedness, management and training in all levels of government and the private sector. In addition to CERT, he was involved in many research projects and developed many nationally and

internationally recognized programs such as Urban Search and Rescue (US&R) and the Incident Command System (ICS). He lectures in the United States and around the world on disaster preparedness and response, teaches for the State of California, the National Fire Academy, continues research into various areas of disaster preparedness and response and consults with the government and the private sector.

Frank Borden holds a Bachelor of Science Degree in Human Relations and Organizational Behavior from the University of San Francisco and has a State of California lifetime teaching credential. He is also a CSTI-certified SEMS/ICS instructor. He has published more than thirty papers and articles. During his career, he has received many commendations and awards for his work.

So please join us!

2016 Year in Review

By Phil Burtis

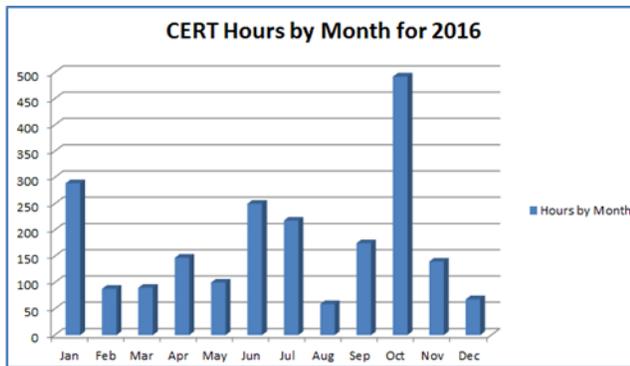
2016 was a busy year for CERT. We supported the following 14 events:

- Sandbagging (Nov 2015 – Jan)
- Marathon
- Spring CERT Training Class
- Power Outage Activation
- 4th of July Parade
- US Open of Surfing
- Sunset Beach Expo Day
- Senior Saturday
- Alert OC Test Activation
- Boeing Booth
- Fall CERT Training Class
- Fire Department Open House
- Huntington Beach Breitling Airshow
- Huntington Beach CERT Holiday Party

We had 42 individual CERT volunteers who together logged 2,116 hours of service! As you can see from the chart below, the January 2016 sandbagging and the October 2016 airshow were the big events. And my guess is there are a few people and hours that were not logged for whatever reason, so this chart is probably on the low side.

(continued on page 2)

2016 Year in Review (continued from page 1)



The CERT leadership team wants to thank everyone for their support and service. The enthusiasm and commitment of all of you makes our time in CERT both special and even more worthwhile. We are thankful for every hour from every one of you and hope those who were unable to participate much in 2016 can find both time and opportunity to utilize their skills in 2017 events. To view the 2017 CERT calendar, visit the CERT page on the City web site at: <http://www.huntingtonbeachca.gov/government/departments/fire/> and also consider checking the CERT Facebook page from time to time.

Thank you all for a great 2016 and an even better 2017!

Winter Is Here!

By Susan McClaran

I know we live in California and down by the beach...hypothermia? No, not here....but yes, it can happen anywhere! The following article is courtesy of WebMD and I hope you find its tips valuable.

Hypothermia Treatment

1. Call 911 if you suspect hypothermia

Symptoms of hypothermia in adults and children include:

- Confusion, memory loss, or slurred speech
- Drop in body temperature below 95 Fahrenheit
- Exhaustion or drowsiness
- Loss of consciousness
- Numb hands or feet
- Shallow breathing
- Shivering

In infants, symptoms include:

- Bright red, cold skin
- Very low energy level

2. Restore Warmth Slowly

Get the person indoors.

- Remove wet clothing and dry the person off, if needed.
- Warm the person's trunk first, not hands and feet. Warming extremities first can cause shock.
- Warm the person by wrapping him or her in blankets or putting dry clothing on the person.
- Do not immerse the person in warm water. Rapid warming can cause heart arrhythmia.
- If using hot water bottles or chemical hot packs, wrap them in cloth; don't apply them directly to the skin.

3. Begin CPR, if Necessary, While Warming Person

If the person is not breathing normally:

- For a child, start CPR for children.
- For an adult, start adult CPR.
- Continue CPR until the person begins breathing or emergency help arrives.

4. Give Warm Fluids

Give the person a warm drink, if conscious. Avoid caffeine or alcohol.

5. Keep Body Temperature Up

Once the body temperature begins to rise, keep the person dry and wrapped in a warm blanket. Wrap the person's head and neck, as well.

6. Follow Up

At the hospital, health care providers will continue warming efforts, including providing intravenous fluids and warm, moist oxygen.

Do One Thing

By Virginia Petrelis

In California we are experiencing the most rainfall that we've had in years. Although the rain is much needed and wonderful, many people who were affected by the forest fires the past several years are now faced with flooding and mud slides causing them to evacuate their homes.

Were they prepared? Did they have a plan? Would you be prepared? To help you prepare, check out the Do One Thing website at: <http://do1thing.com/audiences/individuals>. It is a web-based 12 month preparedness program that focuses on a different area of preparedness each month.

Sandbag Update

By Phil & Carol Burtis

In November of 2015, Brevyn called us and asked if we could resurrect the sandbag teams because of the El Nino that was supposed to ravage us in 2016. As a result, in 2016 our CERT teams installed 1,850 sandbags for 65 senior and/or handicapped residents. (Note that it's not our fault the El Nino became "Nil" Nino and no rain came.)

Fast forward to mid-January of 2017 and suddenly we had several inches of rain a day here in Huntington Beach, which is unheard of! So, in only a few days with no advertising whatsoever, we still received calls from 11 residents and went out and installed over 170 sandbags.

CERT members are special. For example, John Bishop and Linda Braren were filling up sandbags for a run and ended up helping three residents fill sandbags just to make things go faster and help those residents out. They probably filled a hundred bags or more in just one day with only about half of them being ones we actually delivered. It is that above-and-beyond attitude so many of you have that makes our CERT program so special.

Many thanks to all our sandbag team members. We don't know what February or March may bring, but we know we'll be ready if called.

At our January 12 meeting, we viewed an interesting video on the proper filling and placement of sandbags. If you missed the meeting, you can view it on YouTube at: <https://www.youtube.com/watch?>

Save the Dates!

Saturday, March 11, 2017 - Tour of the Orange County Emergency Operations Center We will meet at City Hall at 8:00 am and carpool to the EOC which is on Loma Ridge, above Tustin. Carol will need the name of each person that is going no later than March 8. Log into the CERT Members' page and click on the Events tab to sign up for this event.

Saturday, April 29, 2017 – Tour of the Orange County Water District Ground Water Replenishment System (GWRS). If you look at the CERT calendar, you will see "Field trip to OC Water District." The time has changed now that we have a confirmed booking. The tour will start at 10:00 am. We will meet at City Hall at 9:15 am to carpool. Additional details will follow as we get closer, HOWEVER space is LIMITED. We need a minimum of 10 and can take up

to 35, so be sure to register when we open registration on the CERT Members' page of the City website. It should be available by Feb 1st. We will have an additional signup sheet at the CERT general meeting on Feb 9th (assuming we still have room). Check out the OCWD website at: <http://www.ocwd.com/gwrs/>

Winter Survival on the Side of the Road

Posted on January 3, 2017 by *Emergency Essentials*

<http://beprepared.com/blog/21347/winter-survival-side-road/?oc>

A sheriff's official called it a "Christmas miracle." On December 23 and 24, rescuers found a family that got stuck and then separated while trying to drive to the North Rim of the Grand Canyon, which was closed for the winter.

The Klein family, of New Jersey, did some winter survival things well to survive their adventure, according to news coverage. They also made some mistakes that could have caused a tragic ending.

The Kleins were willing to take an alternate route to get to their destination on December 22 when the primary route was closed. That, and the way father, Eric Klein, and 10-year-old son, Isaac, spent the night in the car, suggests they had enough fuel in the vehicle. "Never let your gas tank get below half," said AAA Utah spokesperson Rolayne Fairclough. "In winter weather, if you're detoured, you'll have some flexibility, and you don't have to worry about running out of gas."

The Forest Service road on which the Klein family got stuck didn't have cell coverage. So the family agreed to have mother Karen Klein, a marathoner and triathlete who'd had some survival training, walk to the main road and get help. A few hours after she didn't return, Eric walked the other way and found a high spot with enough cell coverage to call for help. That suggests they kept a cell phone charged.

"Have a cell phone charger system so you have communications," Fairclough said.

"Don't fail to signal for help, often and vigorously. Fire, smoke, and mirrors are good signals. Having a charged cell phone is a better one. Time is precious in a survival ordeal, so use it wisely to provide for your basic needs and be sure to signal at every opportunity," wrote Tim MacWelch, a survival instructor in a story for Outdoor Life.

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Winter Survival on the Side of the Road (continued from page 3)

Karen Klein told "Good Morning America" she put snow in her cheek to keep hydrated. At least she didn't swallow it frozen. "Don't eat ice or snow," MacWelch warned. It can cause hypothermia. MacWelch suggested filling a bottle with snow or ice and putting it close to, but not next to, your skin, so body heat can melt it.

Karen also stayed awake. "I just talked to myself and rocked back and forth to stay warm," she told reporters. Even if you're in a car, stay awake, especially when the engine is running, according to the North Dakota Department of Transportation. If you run the car engine, only run it 15 minutes every hour and keep the tailpipe clear of snow to prevent carbon monoxide poisoning. Also, keep windows cracked to avoid running out of oxygen.

Karen Klein admitted they could have avoided this ordeal if they'd planned better. "As far as places being closed, we just didn't realize that these roads were closed and these visitor centers were closed," she told NBC News. "We didn't investigate that deeply." The main road to the North Rim, State Route 67, was closed. "Google Maps shows there's a way -- but it's impassable," Jim Driscoll, chief deputy for Coconino County, Arizona, told the Associated Press, adding, "This is a problem we've had numerous times."

During winter travel, stay on main roads, urges Ready.gov. "Avoid back road shortcuts," the site urges. Tell someone where you're going, your route, and expected arrival time. "If your car gets stuck along the way, help can be sent along your predetermined route," Ready.gov said. When you're stranded, stay close to your vehicle. The North Dakota Department of Transportation even suggests, if you need to leave your vehicle, tie yourself to it with rope.

Karen told NBC News she set out with only Cheerios to eat. Make sure you've got an emergency kit, Fairclough said. Keep cold weather gear like blankets or a sleeping bag, boots, a coat and gloves in the car, she said. Aluminum "space blankets" can fit in a glove compartment.

Bring a power source for cell phones, a radio and a flashlight with extra batteries. Believe it or not, a candle can heat a whole car's cabin, she said. Keep matches too, because extreme cold can freeze some lighters. Add water and high-energy food like candy, raisins, nuts, dehydrated and freeze-dried fruit, and jerky. Remember toilet paper.

Finally, take tools and equipment for the car: signaling equipment like bright cloth or flares, chains, booster cables, a nylon rope and a shovel, sand or kitty litter for traction. In a pinch, you can use the car's floor mats for traction, Fairclough said. "A lot of people just don't put a shovel in their cars," she admitted.

The Kleins' trip could have ended in disaster. Coconino County, Arizona, Sheriff Jim Driscoll told the Los Angeles Times that in the last month, three people in the county died from exposure. The family did some things right, and emergency responders from many agencies responded quickly. They survived. But their errors could have cost them their lives. "It can be a pretty hostile environment," Driscoll told the Times.



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

HBCERT Events 2017	Date	Details
January CERT monthly General Meeting	Thursday January 12 th	6:30pm-8:00pm Room B7 in the Civic Center
Advance 1 st Aid Class	Saturday January 21 st	8:00am-2:00pm Room B7 in the Civic Center
February CERT monthly General Meeting	Thursday February 9 th	6:30pm-8:00pm Room B7 in the Civic Center
CERT March Monthly General Meeting	Thursday March 9 th	6:30pm-8:00pm Room B7 in the Civic Center
Field Trip to County EOC	Saturday, March 11 th	8:30am to 12:00pm, meet at City Hall to Carpool
CERT Spring Basic Training	March 21, 23, 28, 30 & April 1	Location TBD/6:00-9:00pm Tues & Thurs; 8:00am to 2:00pm Saturday, April 1
CERT April Monthly General Meeting	Thursday April 13 th	6:30pm-8:00pm Room B7 in the Civic Center
Field Trip to OC Water District	Saturday, April 29 th	8:30am to 12:00pm, meet at City Hall to Carpool
CERT May Monthly General Meeting	Thursday May 11 th	6:30pm-8:00pm Room B7 in the Civic Center
Disaster Living Class	Saturday, May 20 th	Location TBD
Advance 1 st Aid Class	Saturday, June 3 rd	8:00am-2:00pm Room B7 in the Civic Center
CERT June Monthly General Meeting	Thursday June 8 th	6:30pm-8:00pm Room B7 in the Civic Center
4 th of July Parade	July 4 th	HB CERT Event Support
CERT July Monthly General Meeting	Thursday July 13 th	6:30pm-8:00pm Room B7 in the Civic Center
US Open	July 29-August 6, 2017	HB CERT Event Support



**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

Become a Fire Department Volunteer

Get Your Home and Family Prepared



Potential impact of a 7.8 earthquake on the San Andreas Fault

What is CERT?

CERT (Community Emergency Response Teams) is a FEMA endorsed training program that prepares you to help yourself, your family, your neighbors and your community in the event of a disaster. During an incident, emergency response personnel could become overwhelmed and resources will be limited. By becoming CERT trained, you will gain the skills to help emergency responders save lives and property. Once you have completed the training, you have the opportunity to become a Fire Department CERT volunteer.



What Will I Learn?

By taking CERT you will learn:

- How to prepare your home and family for a disaster
- How to perform basic first aid and CPR
- How to safely search a building for trapped victims and rescue them
- How to put out small fires using a fire extinguisher
- How to survive outdoors if you cannot return to your home because it is unsafe
- How to use all these skills to create a Neighborhood CERT Team



CLASS 1

Emergency Management
&
Homeland Security Office
2000 Main Street
Huntington Beach, CA 92648



What do CERT Volunteers do?

CERT volunteers are trained to prepare for and respond to a disaster until first responders arrive. You will be taught to manage a disaster in your home, work, neighborhood or school. After taking care of your home, family and neighborhood, you will help the city with duties such as providing damage assessment information, sandbagging, sheltering, helping in the Emergency Operation Center (EOC), and providing support to the Fire Department and Police Department.



Huntington Beach Fire Department

A Class1 Fire Department

**CLASSES ARE FREE
BUT YOU MUST
REGISTER ONLINE AT**

www.huntingtonbeachca.gov/cert

**FOR MORE INFORMATION
CALL**

**Carol Burtis @
714-536-5979**



The CERT Basic Series consists of nine units that build on each other and end with a disaster drill where you can practice what you have learned. Unit topics include:

Disaster Preparedness & Terrorism

Learn what threats Huntington Beach residents face, how the City will respond in a disaster, and how you can get your home, family, neighborhood, school and/or business prepared to respond to emergencies.

Disaster First Aid (Medical Ops I & II)

Learn creative first aid solutions to common injuries resulting from an earthquake, or other disasters, and the ABC's of disaster first aid. Additional topics include splints, slings, treating burns, impaled objects and shock. Learn how to triage disaster victims.

Light Search & Rescue/Fire Suppression

Learn how to do a safety size-up, lift 1000+ pounds using simple leverage techniques, properly search for trapped victims, shore up an unsafe structure, and safely move the injured. Learn to use a fire extinguisher and put out a live fire, fire safety and prevention, how to shut off utilities and secure items that may cause injuries in an earthquake. Finish the class with a disaster drill that will test your newly acquired skills.

FREE classes are available for March 2017.

Class Dates/Times

Tuesday, March 21 & 28

**Thursday, March 23 & 30, 6:15pm to 9:15pm
and**

Saturday April 1; 8:00am - 4:00pm

You must attend all 5 classes to graduate

**www.huntingtonbeachca.gov/cert
*Neighbor Helping Neighbor***



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, 6:30 PM February 9, 2017 in B8
- CERT General Membership Meeting, 6:30 PM March 9, 2017 in HB City Council Chambers
- Field Trip to County EOC, Saturday March 11
- Spring Basic Training in March, see flier
- CERT General Membership Meeting, 6:30 PM April 13, 2017 in B8
- Field trip to OC Water District, Saturday, April 29

CPR Classes

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

- Saturday, February 11, 10:00 am – 1:00 pm
- Wednesday, February 22, 6 :00pm – 9:00 pm
- Saturday, March 11, 10:00 am – 1:00 pm
- Wednesday, March 22, 6 :00pm – 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.

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



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!)