

CITY OF HUNTINGTON BEACH CERT NEWSLETTER

January 2012

SINCE 1991



HB CERT HIGHLIGHTS

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CLASS 1



President's Message

By Peter Petrelis

pgpworks@verizon.net

I wish you all a Happy, Healthy New Year! I hope you had a great holiday season. CERT capped the year with a wonderful pot-luck holiday party the evening of December 10 at the Rodgers Seniors' Center. Seventy-nine members and friends attended. The food was excellent—CERT members do know how to cook! The dinner was followed by a gift exchange.

Thank you to all my fellow party committee members, Judy Ann Morris, Carol Burtis, Anna Pinter, and Virginia Petrelis. We're grateful to Judy Ann for arranging the use of the senior center. A special thank you goes to our committee chairperson, Esther Whitton, who made the beautiful centerpieces and wreaths, some of which were given away as door prizes.

All CERT members were invited by email. If you didn't receive an invitation, we probably don't have your current email address in the data base. I will be updating addresses in January. Email me at pgpworks@verizon.net to update the information.

I welcome our newly re-elected 2012 CERT officers: First Vice President Richard Batistelli, Second Vice President Mike Depin, DSW Manager Michael Reyes, Secretary Virginia Petrelis, and Treasurer Esther Whitton. CERT members are invited to the Management Meetings held in the EOC on the first Thursday evening of every month from 6 pm to 8 pm. We are again holding the Disaster Preparedness EXPO at the Central Library on March 17, 2012. If you'd like to help, please contact me.

In order to be prepared for the coming winter storms, on December 15, members of the Sandbag Team met at the city yard to fill and stockpile sandbags. "Fillers" were Russ Jones, Peter Petrelis, Virginia Petrelis, Bill Siegle, Raji Shunmugavel and Annette South. It's much easier to fill bags with dry sand instead of wet sand in the rain like we've done in the past! Sandbag Team Leader, Mike Reyes, and Anthony Reyes, transported and stacked 120 sandbags at the fire training center. Thanks to all those hard workers.

The New Year is a good time to review and update your own emergency preparedness plan. Take the time to check the operation of emergency radios, flashlights, and replace

expired goods.

If you have not turned in your volunteer hours for the time period September 1, 2010 through December 31, 2011, please email them to Virginia Petrelis, CERT Secretary at vapworks@yahoo.com. In these days of dwindling city budgets, it is especially important that our city realize the value of the resources invested in CERT volunteers and the need to continue supporting our program.

The 2012 Save-A-Life Saturday four class schedule begins on Saturday, April 21. If you missed some of the classes last year, you can make it up this year. When you complete all four classes, you will receive a completion certificate signed by the mayor and you'll be better prepared to help your family and neighborhood in the event of a disaster. With completion of more training, you can become a CERT Fire Department Volunteer and participate in city wide CERT activities outside your neighborhood. Once you become a Fire Department Volunteer, by taking Red Cross Shelter training, you can become a County Mutual Aid Program (CMAP) Volunteer.

Current Requirements for CERT Member Certification:

Certificate of CERT class completion -- Basic three SALS classes (Disaster Living Class not required.)

Fire Department Volunteer - Certificate of CERT class completion. (Disaster Living Class recommended but not required.) HB Police Department Live Scan (\$35 cost to you), complete ICS 100 and ICS 200 on-line or attend the Responder Class to be taught later in the year. The past requirement for First Aid Class is waived, see note below.

CMAP - Certificate of CERT class completion. Fire Department Volunteer requirements and American Red Cross Shelter Manager Class.

Note: Since First Aid Classes have become so expensive, Brevyn has decided to waive the first aid class requirement to become a Fire Department Volunteer until he becomes certified to teach first aid classes.

CERT Database

Fire Department Volunteers (CERT members) have the opportunity to be added to the new CERT database by contacting me to update their information. **E-mail Peter Petrelis at pgpworks@verizon.net**

Upcoming Events

- **January 5, 2012** - 6:00pm: Management Meeting in the EOC open to all HB CERT Members.
 - **February 2 2012** - 6:00pm: Management Meeting in the EOC open to all HB CERT Members
-

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, Jan 14, 10:00am to 1:00pm
- Wednesday, Jan 25, 6 to 9 pm
- Saturday, Feb 11, 10:00am to 1:00pm
- Wednesday, Feb 27, 6 to 9 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.

Disaster Preparedness Speakers Available

It is time to schedule a Disaster Preparedness Presentation for your neighborhood, business, school, civic organization or church. This is a perfect way to introduce our "Save-A-Life" Saturday Classes to the residents of Huntington Beach. It is easy and it is FREE!

Five Simple Steps:

1. Find a place to host an hour-long presentation given by a trained Hbfd CERT Volunteer Speaker.
 2. Choose a convenient date and time for your group.
 3. Call the CERT Message Line (714-536-5974) or log on the CERT website at www.huntingtonbeachca.gov/cert (click on left column "schedule disaster presentation"). Please give us at least three weeks notice and we will do our best to accommodate your group.
 4. CERT will provide a flyer to distribute to your neighborhood or group.
 5. Host to provide simple refreshments to be enjoyed at the end of the meeting. Our CERT Speaker will provide all printed material and even bring a door prize for your guests.
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It Pays to be Prepared

CERT Logistics Team Leader, Gerard Charles, recently received a thank you from John Stoffel, the Administrative Pastor at Seabreeze Church. Gerard is a member of the Church's Medical Response Team. The team includes doctors, nurses, police officers and members well-trained in first aid, such as Gerard. The team has acquired several pieces of medical equipment to have on hand in an emergency—wheelchair, walker, oxygen tank, an automated external defibrillator (AED), stretchers and first aid kit.

A few weeks ago, during the service, Gerard was tapped on the shoulder by a member of the church staff and asked to come outside. Lying on the concrete was a young woman who had fainted. With the help of the staff, Gerard took control of the situation. He checked her breathing, had her moved inside out of the sun, and ordered a cold compress for her forehead. He found out from the girl's boyfriend that she had a heart murmur. Gerard held her hand and calmly talked to her until her heart stopped racing. When she assured Gerard that she was alright and didn't need the paramedics, Gerard had her boyfriend bring the car around to take her home. This was the couple's first visit to Seabreeze Church. Hopefully, it won't be their last.

Even though, he has had extensive first aid training, Gerard, with his wife and grandson, will take advantage of the free CPR training offered to FireMed members. Call 800-400-4277 or 714-556-4277 for information on upcoming classes.

Southern California Windstorm

By Anna Pinter

This winter's wind event was a "Once-in-a-Decade Storm" blowing through Southern California leaving many towns in shambles. More than 400,000 people in Southern California and approximately 18,000 along the Central Coast remained without electricity for as long as seven days. National Oceanic and Atmospheric Administration's (NOAA) National Weather Service reported winds of 97 mph blowing through the San Gabriel Mountains. The foothill communities of the San Gabriel Valley were the hardest hit. Five days later, 10,000 were still in the dark. Fortunately no deaths were reported but there were many damaged homes, crushed cars and blocked streets hindering the recovery.

In some cities 75% of residents remained without water. In Temple City over 200 trees fell, at the Arcadia Los Angeles Arboretum over 326 specimens were lost and 700 are in need of restorative pruning. Two hundred buildings in Pasadena were damaged.

Safety experts made many recommendations such as: do not use candles because of fire hazard, watch for fallen electrical lines, use battery operated radios for updated information on the event. Do not open your refrigerator more than necessary as the food will spoil sooner. City Senior Centers opened their doors to seniors in need of resources. Administrators closed schools in several cities. Residents were urged to check on their neighbors and share resources. The above recommendations are a few of the many suggestions.

Do these suggestions remind anyone of earthquake preparedness? In Huntington Beach we are reminded that earthquake preparedness works for other events. The winds in the San Gabriel Valley were in very close proximity to the coastal area. Even though the winds

Southern California Windstorm (continued)

were predicted for our area we were spared the intensity that damaged other cities.

Check your emergency supplies and remember although earthquakes are talked about as a huge threat to our area, many of the same disaster supplies are needed in other events.

Save-A-Life Saturday Schedule

Class 1: Disaster & Terrorism Preparedness

April 21, 2012 7:45AM to 3:30PM
Civic Center

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. Learn how to shut off utilities and secure items that may cause injuries in an earthquake.

Lunch Provided

Class 2: Disaster First Aid (Medical Ops I & II)

May 19, 2012 7:45AM to 3:30PM
Civic Center

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. **Lunch Brown Bag**

Class 3 Disaster Living

June 16, 2012 7:45AM to 3:30PM
Civic Center

Learn how and where to set up an outdoor shelter in a disaster. Whether in your yard or at a park, you will have to care for yourself and neighbors. Learn skills such as tenting, outdoor cooking and sanitation. **Lunch Provided**

Class 4 Light Search & Rescue/Fire Suppression

July 21, 2012 7:45AM to 3:30PM
Fire Training Center

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. Finish the class with a disaster drill that will test your newly acquired skills. Presentation of Basic CERT Completion Certificates.

Lunch Brown Bag

For more information, go to the CERT website after February 1:
www.huntingtonbeachca.gov/cert

December 10 CERT Holiday Party



December 10 CERT Holiday Party (Continued)



December 10 CERT Holiday Party (Continued)





Protect Your Family from Carbon Monoxide Poisoning

Safety Tips

- Have your home heating systems (including chimneys and vents) inspected and serviced annually by a trained service technician.
- Never use portable generators inside homes or garages, even if doors and windows are open. Use generators outside only, far away from the home.
- Never bring a charcoal grill into the house for heating or cooking. Do not barbeque in the garage.
- Never use a gas range or oven for heating.
- Open the fireplace damper before lighting a fire and keep it open until the ashes are cool. An open damper may help prevent build-up of poisonous gases inside the home.
- Install battery-operated CO alarms or CO alarms with battery backup in your home outside separate sleeping areas.

Know the symptoms of carbon monoxide poisoning: headache, dizziness, weakness, nausea, vomiting, sleepiness, and confusion. If you suspect CO poisoning, get outside to fresh air immediately, and then call 911.

Know the Symptoms of CO Poisoning

- Because CO is odorless, colorless, and otherwise undetectable to the human senses, people may not know that they are being exposed. The initial symptoms of low to moderate CO poisoning are similar to the flu (but without the fever). They include:
 - Headache
 - Fatigue
 - Shortness of breath
 - Nausea
 - Dizziness
 - High level CO poisoning results in progressively more severe symptoms, including:
 - Mental confusion
 - Vomiting
 - Loss of muscular coordination
 - Loss of consciousness
 - Ultimately death
 - Symptom severity is related to both the CO level and the duration of exposure. For slowly developing residential CO problems, occupants and/or physicians can mistake mild to moderate CO poisoning symptoms for the flu, which sometimes results in tragic deaths. For rapidly developing, high level CO exposures (e.g., associated with use of generators in residential spaces), victims can rapidly become men-

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.



HAPPY NEW YEAR FROM THE CERT NEWSLETTER STAFF

HB CERT Newsletter Staff

Proof Reading / Editing Team:

Anna Pinter	JudyAnn Morris	Peter Petrelis	Virginia Petrelis
Art Weiland	Carol Nehls	Cynthia Goebel	

Attention! If you want something placed in the Upcoming Events, e-mail Judy Ann at jamorris189@yahoo.com

For those who do not receive the newsletter by email, you can go to the CERT website: www.huntingtonbeachca.gov/cert. In order to receive the email alert, click on newsletters, and then click on sign up for email alert. It's as simple as that!

For those of you who do not have computer access at home, we have made arrangements for you:

- Rodgers Senior Center at 1706 Orange Avenue, HB will print out a black and white copy for you.
- There will be a few copies outside the door to the EOC to which you are welcome.
- The Central Library has computer access for the public.

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!)