



CITY OF HUNTINGTON BEACH CERT NEWSLETTER

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842-6136 or email him at pgpworks@verizon.net for more information or to sign up.

HB CERT HIGHLIGHTS

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Calling all HAMS! By Virginia Petrelis

At our CERT General Meeting on May 14, 2015, Marshall Shipley of Huntington Beach (HB) RACES asked CERT ham radio operators to help HB RACES at the 4th of July Parade. During the parade, ham operators are extra eyes and ears for the City. They are stationed along the parade route and can notify authorities of lost children, accidents, emergencies, abandoned suitcases and suspicious behaviors. You wear your radio and participate. There will also be a need for ham operators at the first aid booths.

There will be special training on June 29 for this event. If you can help out, please send an email to Marshall at ssmarsh43@verizon.net as soon as possible, with "4th of July Parade" on the subject line.

Upcoming August Ham Radio License Class By Peter Petrelis

Have you ever wanted to operate a ham radio? Do you know it's necessary to have an FCC Ham Radio license to do so? In the event of an emergency, ham radios might be the only means of communication. CERT has a communications team whose members are trained to provide local communications for CERT teams. The April 2015 ham radio class was well attended and had 13 members take the test so far and all passed to receive their ham radio license.

We are now offering a second free CERT ham radio class. This is your opportunity to have help studying the ARRL licensing book and to be tutored by experienced ham operators so you can pass the entry Level 1: Technician Class License exam.

The three-day class will be held at the HB Civic Center beginning Tuesday, August 11, 2015 for introduction and material handout:

- Tuesday: August 11 from 6:30 pm to 7:45 pm
- Friday: August 14 from 6:30 pm to 8:30 pm
- Saturday: August 15, from 8:00 am to 5:00 pm.

The discounted cost of the ARRL study book is \$27.00 (which includes tax). The licensing test will be given the following Thursday evening, August 20, 2015 at 5:30 pm at the Rodgers Senior Center in Huntington Beach. The license test cost is \$15. Ham radios can be purchased online from as low as \$50. The instruction (except for study book and license fee) is free for all CERT members. Call Peter Petrelis at 714-

First Aid Corner By Susan McClaren

On Saturday, June 20, 2015, 12 CERT members attended a Red Cross CPR/First Aid/AED class taught by Stephanie Vazquez and myself. Congratulations to: Roy Alzua, Judy Ann Morris, Raji Shunmugavel, Melisse Bridges, Roger Krause, Stephanie Deagle, Mimi Irvin, Karen Kochanowski, Jerry Brokhausen, Ivor Hunt, Robert Zamalin and Nancy Grijalva who earned their Red Cross Certificate. CERT members who have been certified either in 2014 or 2015 may volunteer for the U.S. Open First Aid Station.

Remember, if you have any hesitation about giving rescue breaths to someone who has collapsed, Hands-Only™ CPR is very effective and can save a life - so jump into action and start chest compressions immediately. Check out some of the fun YouTube videos on Hands-Only™ CPR. According to the American Heart Association Hands-Only™ CPR can save lives.

Most people who experience cardiac arrest at home, at work or in a public location, die because they don't receive immediate CPR from someone on the scene. As a bystander, don't be afraid. Your actions can help.

When calling 911, you will be asked for your location. Be specific, especially if you're calling from a mobile phone, as mobile phones are not associated with a fixed address. Answering the dispatcher's questions will not delay the arrival of help.

How to Give Hands-Only™ CPR: If you see a teen or adult suddenly collapse and not breathing, call 911 and push hard and fast in the center of the chest to the beat of the classic disco song "Staying Alive." CPR can more than double a person's chances of survival, and "Staying Alive" has the right beat for "Hands-Only CPR."

http://www.heart.org/HEARTORG/CPRandECC/HandsOnlyCPR/Hands-Only-CPR_UCM_440559_SubHomePage.jsp
<https://www.youtube.com/watch?v=n5hP4DIBCEE>



CLASS 1

Third Annual CERT Alternative Cooking Event Saturday June 13, 2015

by Cynthia Goebel

As in the previous alternative cooking events, the purpose was to learn and practice emergency survival cooking techniques using Dutch ovens, box ovens and camp stoves.

In past years, a planning committee pre-selected the menu, priced and purchased ingredients and supplies, assigned menu items to a cooking team leader, and brought to the site and set up all the necessary equipment. Attendees were charged a fee to cover expenses and invited to participate in preparing and cooking menu items.

This year, in the spirit of preparedness, CERT members were given the opportunity to learn in advance how to prepare a box oven, and instead of paying a fee, were instructed to bring any cooking equipment they owned and enough food items to feed their family. We helped each other to set up and share the cooking equipment available. The food items were laid out on a large table and, under Billie Brandon's guidance, recipes were created and an amazingly varied pot luck meal was prepared:

Dutch ovens:

Roast Chicken, carrots and potatoes
Stuffed Cabbage (ground beef/rice)
Pork and Tomatillo Stew with flour tortillas
Louisiana Red Beans over Rice
Chili with Peppers
Chocolate/strawberry Cake
Peach Cobbler

Box ovens:

Baked Potatoes
Beer Bread
Fresh Plum upside down Cake
Buttermilk Biscuits
Louisiana Peach Cobbler

Camp stoves:

Pasta Sauce over Penne
Meatball
Chicken and Zucchini sauté
Potato and Onions
Hamburger Gravy
Creamy Fettuccini with Sausage

Nancy Boyer taught us how to make fresh Sauerkraut.

Early arrivals encountered mist and dew on the grass, but warming temperatures prevailed, and the day of cooking and eating was most enjoyable. Twenty-two CERT members participated.

Sheltering – Replacing Lost Essentials

By Paul LaGreek

Richard Batistelli and Paul LaGreek presented information on sheltering and the supplies necessary at the June 2015 CERT General Meeting. They also created a display of items from their personal supplies to supplement the presentation. The session was interactive with questions asked and additional information provided from the membership.

We take a fully-functioning residence with all utilities, transportation system, well-stocked grocery stores, etc. for granted. Consider that in a large-scale disaster, providing the basics will be up to you for a situation-dependent time frame ranging from hours to weeks.

There are many levels of “disasters” as well as many types of threats. The presentation focused on SoCal's major threat – earthquakes. Our leading scientists have been telling us for years that “the big one is coming – it's just a matter of time.” This is the worst case disaster level and is what our preparations should address. If we are prepared for the worst case scenario, we will have more than enough supplies to cover less significant events.

In any disaster, we will lose at least one or more items from these major essential categories. This is a general list, presented in order of increasing importance: Gas, Electricity, Shelter and Water. Each has many “included impacts”. Depending upon the utilities and appliances installed in your residence, adjust the general list items to your situation.

- Gas: Cooking, heat (important in cooler seasons) and hot water can be impacted. If a leak develops, immediately shut off the gas at the gas meter. Loss of gas by itself is more of a nuisance and an inconvenience as there are other utilities and tools (blankets, etc.) that can be utilized.
- Electricity: Cooking, heat, hot water, lighting, devices with rechargeable batteries, TV, radio, cable systems (and your phone if provided through cable). Daytime – inconvenient. Night time – more serious as total darkness is something we seldom experience.
- Shelter: During the warm, dry summer months – inconvenient, but survivable. When our cooler weather and rainy season are upon us, a warm, dry shelter is essential.
- Water: Loss of essential survival item – your body needs water! Sanitation – no water to wash with, one flush and your toilet is done

A high-level approach for each lost item was presented. More complete information including training and checklists can be found online from a variety of

Sheltering – Replacing Lost Essentials (continued)

sources. FEMA/CERT: <http://www.fema.gov/community-emergency-response-teams>, American Red Cross: <http://www.redcross.org/ux/take-a-class>, Google “disaster preparedness” – variety of resources, Pinterest – a treasure trove on disaster living and many other topics: <https://www.pinterest.com/>. Might want to pick up a Boy Scout Handbook as well.

An abbreviated list of items that you should consider for Grab and Go bags and the “72 hour” barrel follow. Will 72 hours be enough for the big one? Consider your environment: Single family residence, multi-story detached residence, condo/townhome/apartment. Don’t forget about your work environment – you may not be at home when something occurs.

- **Gas.**
 - Portable stoves (butane, propane). Electric space heaters.
- **Electricity:**
 - Minimize opening refrigerator/freezer.
 - Portable stoves for cooking (butane, propane). Note: Don’t use gas/fuel-powered space heaters indoors, and don’t use gas stoves to provide heat. They aren’t built to heat your house.
 - A variety of self-powered (crank to operate), solar and battery-powered lights ranging from personal flashlights to area lighting. LED devices use the least power. Halogen bulbs can also provide intense light. CAUTION: DO NOT STORE BATTERIES IN THE DEVICE. As batteries age they leak and will destroy the device. Place the device and the required batteries and spares in a Ziploc bag.
 - Solar/battery powered radios. AM/FM, Amateur Radio (Ham – License required), Walkie-talkies – short range, relatively inexpensive: FRS, GMRS (License).
 - Solar power devices to run devices and recharge batteries.
 - Extra batteries: C, D, AA, AAA are the most common. Alkaline has a longer life.
 - Portable generators.
- **Shelter:** If your residence is damaged and you need to shelter in place near the residence, there are a number of options. A small tent can be located in an open area. A tarp or newspapers under the floor of the tent will reduce dampness. Locate the tent upslope, not at the bottom where water will drain and flood the tent. Sleeping bags, cots and other comfort items can be placed in your 72 hour barrel.
 - Sanitation facilities should NOT be located near your tent. A privacy tent can be used – available at Walmart and most sporting goods stores. Portable toilets are also available. An excellent series of articles can be found on Pinterest.

- **Water:** Filtration systems are available for drinking water. Otherwise, boiling will make most water safe to drink. Water heaters and toilet tanks are a source of water.
 - Swimming pool water should NOT be used as a source of potable water as it may contain chemicals harmful/toxic to humans (algaecide, Cynaric Acid and many others). Use for sanitation, bathing (not IN the pool – put it into a bucket). While some survivalists suggest using pool water with proper treatment, the average individual doesn’t have the training or equipment to make it safe for drinking.
 - Commercial 55 gal water storage units are available from many sources locally and online. Google “Water storage barrels”. Note that they should not be placed directly on the ground! A full barrel weighs roughly 450 lbs, so a piece of 1/2” plywood is suggested to be placed under the barrel.

Preparedness is a lifestyle, not an event!

June Gloom <http://cbsla.com>

Scientists say a ripple effect is making California’s drought even worse as the state’s annual “June Gloom” cloud cover has been disappearing over recent years.

Climate scientist Park Williams says the cloud cover generally seen in June is going away due to an “urban heat island effect.” Essentially, buildings and pavement in urban areas absorb heat from the day but are unable to cool down by nightfall.

This causes an unexpected ripple effect. “While the rest of the globe has been getting warmer during day and night in LA and the rest of the Southern California coast, it actually hasn’t been getting hotter during the daytime,” Williams said. “It’s just been getting hotter at night.”

This is having a devastating effect on regular weather patterns, according to Williams.

“We’ve known for a while that urban areas are getting warmer but we haven’t known that the warming is actually causing clouds to rise,” Williams said. “As they rise they’re developing higher in the sky and less often.” In other words, “June Gloom” is clearing faster, nights are getting warmer and as a result, electrical usage continues to rise.

Williams says that the urban heat island effect is drying up the chaparral on Southern California hillsides, which is becoming more of a potential fire hazard than a plant.

Hot Summer Days Alerts

By Art Weiland

Hot cars produced by hot summers can be dangerous, even deadly. The inside temperature of a car can quickly reach 120 degrees. The American Red Cross has safety steps to follow in order to protect you and others against summer heat.

- Stay hydrated by drinking plenty of fluids. Avoid drinks with caffeine or alcohol.
- Avoid extreme temperature changes.
- Wear loose-fitting, lightweight, light-colored clothing. Avoid dark colors because they absorb the sun's rays.
- Slow down, stay indoors and avoid strenuous exercise during the hottest part of the day.
- Postpone outdoor games and activities.
- Use a buddy system when working in excessive heat. Take frequent breaks if working outdoors. Check on family, friends and neighbors who do not have air conditioning, who spend much of their time alone or who are more likely to be affected by the heat.
- Check on animals frequently to ensure that they are not suffering from the heat. Make sure they have plenty of cool water.
- If someone doesn't have air conditioning, they should choose places to go to for relief from the heat during the warmest part of the day (schools, libraries, theaters, malls).

HEAT EXHAUSTION Excessive symptoms of heat exhaustion are sunburn, cramps, exhaustion and a dangerous heat stroke. Signs are skin that is cool, moist, pale or flushed, heavy sweating, headache, nausea, dizziness, weakness, and cramps in the legs or abdomen. When these symptoms occur, move the person to a cooler place, apply cool wet cloths to the skin. Give small amounts of cool drinking water. Make sure the person drinks slowly. Watch for changes in their medical condition and call 911.

HEAT STROKE LIFE-THREATENING Call 911 immediately. Medical warning signs may include hot, red, dry or moist skin, changes in consciousness, vomiting and high body temperature. Move the person to a cooler place and use methods to keep the person cool until help arrives. People can learn how to treat heat related emergencies by taking First Aid and CPR/AED training online or in person. Go to www.redcross.org/takeaclass.

Protect Pets from Summer Heat

By Art Weiland

Know what is normal for your pet and check their gum color, heart/pulse rate, body temperature and breathing rate. Then you can recognize when something is wrong. The American Red Cross provides tips for pets to keep them healthy like any other member of your family.

Follow these steps:

- Giving your pet plenty of exercise will help your pet feel better and live longer.
- Make sure your pet has plenty of fresh cool water.
- Get to know a veterinarian and make sure your pet has yearly checkups.
- Make sure your pet is up to date on vaccines, especially rabies.
- Get your pet spayed or neutered.
- Keep your dog on a leash outside.
- Know how to perform CPR and provide basic first aid until veterinary care is available.

Some other safety tips to protect your pet from the rising temperature:

NEVER LEAVE PETS ALONE IN THE CAR With hot weather, the inside car temperature can quickly reach 120 degrees. Even with the windows cracked open it can be dangerous for your pet.

HEAT STROKE It is a common problem for pets in warm weather, especially for dogs with short noses or snouts, like the boxer or bulldog. This is also true for any obese pet, a pet with extremely thick fur coat or any upper respiratory problems.

Some visible signs when developing heat stroke are heavy panting, unable to calm down, brick-red gum color, fast pulse rate and the pet may not be able to get up. Pets need to be kept in a cool environment and taken to a veterinarian immediately.

WATCH THE OPEN WINDOWS Pets may try to get out an open window or door in warm weather. Be aware there are many hazards outside your home including poisonous plants. Remember, your pet needs your protection.

Tips on Saving Water

By Anna Pinter

California is dealing with the worst drought in its history. Other western states, including Oregon, Nevada, and Arizona have extreme drought conditions.

Here are five simple ways to cut water uses:

1. Understand Your Water Meter

If you have never had an occasion to find your water meter, it is important to find its location. Your water meter can help you gauge how much water you are using and also if you have a leak.

When you leave for work in the morning, read your water meter. Read it again when you come back home at night. If it has changed, there could be a leak. Compare weekly meter readings in your own home. If there is a large difference in weekly readings, analyze why the meter readings are not similar and try to figure out what activities have raised the readings.

2. Replace Your Grass Lawns

Landscaping and turf watering add 60 to 80 percent water use to your home water usage. One way to conserve water is to remove your lawn. Replace your lawn with drought-tolerant plants. Use mulch, bark, gravel and drip irrigation systems which target the plants at their roots and save water.

Artificial turf is another alternative to green live turf. If this solution appeals to you, do some research as to the proper method for replacing your lawn. Another solution suggested by the Governor of California is to let your lawn turn brown.

3. Monitor Sprinklers

If you keep your lawn, monitor automatic sprinklers closely. Check for leaks or runoff. Make sure sprinklers are not on when it rains or during the day. Water evaporates when the sun is at full strength.

Here is a reminder of the water regulations in place since June 1, 2015.

Let's work together to reach Huntington Beach's required 20% water cut!

- Watering is not allowed during and 48 hours after rainfall
- Potable (drinking) water is not to be used to wash sidewalks and driveways (use a broom)
- Water runoff from automated irrigation onto sidewalks and streets is prohibited
- Decorative water features need to recirculate the water
- Leaks must be repaired within 48 hours

Automated outdoor watering is limited to two days per week. Monday and Friday, April 1 through October 30. During the winter season, November 1 through March 30, the only day automated irrigation is allowed is on Monday.

Restaurants can only serve water to customers on request. Hotels and motels must provide guests with the option of not having towels and linens laundered daily.

4. Check for Toilet Leaks

While most toilets are more efficient and are low-flow, they use approximately 1.6 gallons of water per flush. A toilet leak can waste about 200 gallons of water per day. These leaks are huge and sometimes are silent.

One way to identify a leak is to do a dye test. Drop a food-color tablet from a plumbing or other store into the toilet tank. Do not flush for 10 to 15 minutes and then look into the bowl. If there is color in the bowl, this means there is a leak from the tank to the bowl. You need to replace the tank's rubber flapper valve that lets water through. Rubber can warp or erode with age.

5. Use Less Water Washing Dishes, Clothes and Yourself

Instead of long, hot showers, limit your showers to five minutes. Showers usually use 1.5 to 2 gallons of water per minute. When using a bathtub, don't fill the tub more than half full. Turn off the water when lathering and shaving and at the sink when you lather your hands. Do not run the water continuously when brushing or flossing your teeth.

As for washing dishes in a sink, make sure the water is not running if it's not being used. If you wash dishes with a dishwasher, always wash a full load.

Likewise, in washing machines, always run a full load. If you do not have enough dirty clothing to run a full load, adjust the water dial on your washing machine to a lower setting.

In the 2015 May Huntington Beach CERT Newsletter, there is an article on saving your "warm up water" and using this water to water plants and do other chores on your property. "Warm up water" is precious water lost if it goes down the drain instead of being used.

For more information on water saving tips, go to: <http://www.huntingtonbeachgreenguide.com/how-to-tips.html>

COOKING IN THE PARK JUNE 13, 2015



COOKING IN THE PARK JUNE 13, 2015 (continued)



COOKING IN THE PARK JUNE 13, 2015 (continued)



COOKING IN THE PARK JUNE 13, 2015 (continued)



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 First Aid Booth, and CERT Ham radio support of RACES July 4, 2015
- CERT General membership meeting, 6:30pm July 9, 2015 in B8
- CERT First Aid Booth, US Open, July 25 through August 2
- Ham Radio Class to study for Technician Level License August 11, 6:30-7:45pm and August 14, 6:30 to 8:30pm, and August 15, 8:00am to 5:00pm
- CERT General membership meeting, 6:30pm August 13, 2015 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, July 11, 10:00 am – 1:00 pm
- Wednesday, July 22, 6:00 pm – 9:00 pm
- Saturday, August 8, 10:00 am – 1:00 pm
- Wednesday, August 19, 6:00 pm – 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.

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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!)