



July 2017

HB CERT HIGHLIGHTS

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CLASS 1

July 13 CERT General Meeting Topic: Special Needs Alzheimer's

The July 13, 2017 CERT monthly meeting will be on Alzheimer's disease and how to engage people who may be in a given stage of that disease. As our population ages, this disease is affecting more of us and many will have to deal with Alzheimer's in a family situation.

The speakers will be Susannah Morales (MSW) and Larissa Haiker (MSW) from the Alzheimer's Association, Orange County Chapter. Their goal is to impart information and help us understand more about Alzheimer's.

Susannah is the Program & Education Manager at the Alzheimer's Association Orange County Chapter. She joined the Alzheimer's Association in 2007 after volunteering at the San Diego Chapter. Her work includes presenting psycho-educational classes for family caregivers, professionals and the community. She has been instrumental in developing, monitoring, evaluating the programs' services and providing individual and family care consultations.

Larissa is the Program & Education Specialist at the Alzheimer's Association Orange County Chapter. She provides education to families, students, professionals and the public. Larissa has experience running specialized support groups for caregivers and persons with early Alzheimer's and provides care consultation services to families.

About the Alzheimer's Association, Orange County Chapter

The Alzheimer's Association is the world's leading voluntary health organization in Alzheimer's care, support and research. The Orange County Chapter provides local care and support to hundreds of families living with disease through our 24/7 Helpline, care consultations, support groups, message boards, MedicAlert + Safe Return®, resources/referrals, and family, professional and community education. Thompson Reuters recognizes the Alzheimer's Association as the most impactful Alzheimer's organization in the world. The Association

works on a global, national and local level to enhance care and support for all those affected by Alzheimer's and other dementias.

June Newsletter Omission

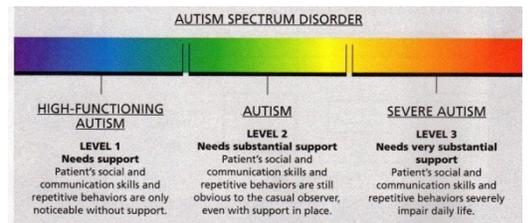
In our June newsletter, we neglected to include the picture of Kelly McKinnon-Birmingham, our speaker on Autism at the May 11th CERT meeting. Kelly is the Director of Behavior Intervention Services at The Center for Autism and Neurodevelopmental Disorders.



Autism Article in Discover Magazine

June was National Alzheimer's Awareness Month and as part of our Special Needs series the July 13 meeting will be a presentation on Alzheimer's.

The first presentation of the series was on Autism in May. Now usually we don't recommend things, but the July/August 2017 issue of Discover magazine has a very interesting article on Autism. There were so many people at the May meeting that had someone close to them in the situation that we wanted to give everyone a chance to at least hear about that article. If Autism is of great interest to you, you might find it insightful we hope.



## Marine Safety Presentation

By Phil Burtis

At the June 8 monthly CERT meeting, we were honored to have Marine Safety Division Chief Michael Baumgartner as our presenter. He gave a fascinating talk on the challenges of providing marine safety along 3.5 miles of City beach, another 1.1 mile of Sunset Beach plus any aquatic emergencies in the City or other mutual aid situations in the County.

To support all this activity, the Marine Safety staff consists of one Division Chief, three Lieutenants, nine Safety Officers, and some 170 seasonal lifeguards! They are fully staffed in the summer months, and cut back during the winter. Besides the personnel, physical resources consist of 30 Towers, 3 personal watercraft, 7 ATVs, 3 rescue boats, and 15 other safety vehicles. They also have a complete complement of search & rescue dive equipment and can deploy from the HB-1 helicopter if needed.

In addition, Marine Safety runs the HB Junior Lifeguard program. The program provides aquatic training for city youth, ages 9-17. They typically get some 850-1000 participants annually. Training topics include:

- Lifesaving
- First Aid
- CPR
- Ocean Environment

Some statistics that were presented:

### **Beach Attendance (average per year):**

- 1964-1994 4.9 million people
- 1994-2004 9.0 million people
- 2005-2009 9.9 million people
- 2014 12.8 million people
- 2015 12.5 million people
- 2016 12.9 million people

### **2016 Response Statistics:**

- 3,731 Rescues
- 202,732 Preventative Actions
- 1,655 Medical Aids
- 73,827 Law Enforcement Actions

Division Chief Baumgartner then went on to talk about rip currents – what they are, how they work, and what to do because rip currents account for 80% of all rescues and drowning deaths.

A question then came up about sharks and that turned into a lively discussion. One effect is that enrollment in Junior Guards is down, and there is an obvious reduction in people in the water. He talked about the difference between the juvenile whites vs. the adult ones and how both their attitude and distance from shore changes drastically as they grow.



## **CERT Supports RACES During Fire Shadow Drill**

*By Phil Burtis*

Huntington Beach Fire equipment and personnel are routinely dispatched by a service known as MetroNet via radio communications transmitted on a 800 MHz radio. It works well and is quite reliable, but just suppose for a minute something did go wrong - how would we dispatch our fire equipment? The answer is that there is a plan to put RACES communicators in individual fire apparatus as well to dispatch from a backup dispatch center called the "FDOC".

A "Shadow Drill" is conducted to insure the plan is viable. During the drill, the fire department continues to be dispatched as normal but, in addition, RACES communicators staff the dispatch centers, fire stations, and fire apparatus. Each normal dispatch is then followed up by separate communications over RACES radio equipment to practice handling all the messages needed should a situation happen in real time. It demonstrates the ability to operate totally independent of the MetroNet system.

On Saturday, June 3, 2017, the Fire Department held their latest "Shadow Drill" and four Huntington Beach CERT volunteers participated with RACES: Phil Burtis, Bob Dow, Ken Mailman, and Raji Shunmugavel. They were each assigned to an apparatus and spent the whole day performing this vital backup emergency communication task. The exercise was a success, and the feedback was positive. Everyone had an opportunity to contribute.



an assignment on fire engine E46. Manny Vizinho (KG6IQL) was assigned to fire truck ET46. The engineer went on top of E46 and mounted my external antenna with no-residue duct tape. An external antenna is critical as a hand-held antenna will not work well inside the fire apparatus. He made sure the antenna cable would not trip anyone if they had to suddenly exit the engine. Once this was done, I checked in with dispatch to ensure the setup was working properly.

During the briefing, I was told E46 will leave around 9:45am to a demonstration and training at Ocean View High School in Huntington Beach. As a result, I called in as E46, not available, en route in training at Ocean View High School from 10am till 12 noon.

As part of the demonstration I talked to a girl interested in ham radio and directed her to the CERT Facebook page for more information. The fire fighters were answering questions and allowing visitors to climb aboard the truck to learn about its features. One child blew the loud horn and everyone jumped!

The Ocean View event ended around noon so I communicated that E46 was available for dispatch. Thereafter, several times E46 was called out, but then cancelled, so I never went to a true response situation. Nonetheless, I spent several hours with them and learned how the communication system is vital to their job. In the event of an actual callout the RACES/CERT communications teams will be able to support our fire department properly. It was an honor to have been a part of this drill.



## **My Experience at the Huntington Beach RACES Shadow Drill on June 3, 2017**

*By Raji Shunmugavel*

At 8:30 am I called in on my radio for deployment instructions and was assigned to No. 6 Edwards fire station. I collected all my radio gear and my external antenna and drove to the Edwards fire station.

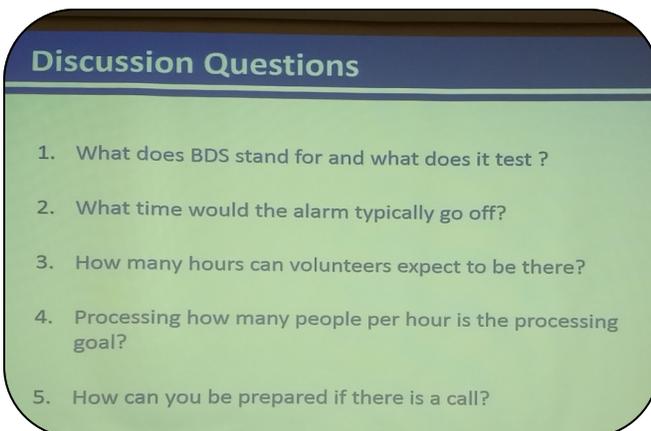
Four firemen greeted me, Darren Newton, Tony Dalton, Mark Thornberry, and Dane Morrissey gave me



## Biological Detection System (BDS) Response Drill June 5, 2017

Raji Shunmugavel attended this exercise organized to train first responders and county employees how to set up and operate a decontamination area when anthrax is suspected within a postal facility.

The safety and security of the residents of Orange County is a top priority. On June 5 the County Health department successfully conducted an exercise to better prepare County employees to respond to a bioterror attack or other public health emergency. In today's world it is essential to be prepared for almost unthinkable events. This exercise has helped better train our emergency responders and assisted us in assessing our strengths and weaknesses in responding to this kind of health emergency. The County drill simulated an activation of the United States Postal Service Biological Detection System (BDS) by a letter containing anthrax. The drill demonstrated the County's ability to quickly set-up and operate a clinic to treat a substantial number of victims in a public health emergency. Dr. Jean Hudson, Commissioner of Health set up this drill emphasizing the importance of being able to quickly respond to such an emergency, and to treat people as quickly as possible. Hopefully, we will never have to use this expertise.



## Raging Rivers By Virginia Petrelis

As I pack up for our annual family vacation at Bass Lake in the Sierra Nevada Mountains, I'm thinking about my risk-taking grandsons. I've read so many newspaper articles about the raging California rivers and the number of drowning victims. After years of drought, some people have forgotten how powerful the currents can be. The river may appear calm on the surface, but could have a raging current underneath.

Deaths have occurred recently in the Merced, Tule, San Joaquin, Tuolumne and Kaweah Rivers in the mountains and the Central Valley. The rapidly melting snowpack has caused the rivers to run fast and cold (45 degrees) and they are expected to continue for the next several months.

The Sequoia and Kings Canyon National Parks issued a warning that its rivers were "cold, swift and dangerous".

Rivers are always changing. An area here you waded safely last year may not be safe now. If you're not a strong swimmer, wear a coast guard approved vest.

Watch your children, they can slip into the river and disappear in a moment. See the website below for river safety tips.

Source: [River Safety Tips | NBC Bay Area http://www.nbcbayarea.com/the-scene/events/River-Safety-Tips-125454578.html#ixzz4jkgoT2sr](http://www.nbcbayarea.com/the-scene/events/River-Safety-Tips-125454578.html#ixzz4jkgoT2sr)

Postscript: While we were at Bass Lake, one of the young men in our group actually did fall into a fast moving stream and lived to tell the tale. He was jumping over rocks and slipped. His companions said he went under water for a few seconds, over a couple waterfalls, and popped up to grab onto a branch and pull himself out. He was very lucky.

## Heat Exhaustion and Dehydration

By Anna Pinter

www.mayoclinic.org    www.medmd.com

Heat exhaustion is a heat-related illness that can occur after you've been exposed to high temperatures, and it often is accompanied by dehydration.

### There are two types of heat exhaustion:

- Water depletion signs include excessive thirst, weakness, headache, and loss of consciousness.
- Salt depletion signs include nausea and vomiting, muscle cramps, and dizziness.

### Heat exhaustion is preventable.

Excessive heat is a leading cause of preventable, weather-related deaths. Intervention to prevent death is for individuals to stay cool, hydrated and informed as to signs and symptoms of excessive heat exhaustion and dehydration.

### Other causes of heat exhaustion are:

- Dehydration reduces your body's ability to sweat and maintain a normal temperature
- Alcohol use can affect your body's ability to regulate your temperature
- Illegal drugs like cocaine and amphetamines can increase your core temperature
- Overdressing, particularly in clothes that don't allow sweat to evaporate easily

Dehydration happens when your body doesn't have as much water as it needs. Without enough, your body can't function properly. You can have mild, moderate, or severe dehydration depending on how much fluid is missing from your body. If you lose too much water or don't drink and eat enough, you can get dehydrated.

### Signs of severe dehydration include:

- Not being able to urinate or having very dark yellow urine
- Very dry skin
- Feeling dizzy
- Rapid heartbeat
- Rapid breathing
- Sunken eyes
- Sleepiness, lack of energy, confusion or irritability
- Fainting

Severe dehydration is a medical emergency and needs to be treated immediately.

### Prevention:

#### When temperatures climb, remember to:

- Wear loose fitting, lightweight, light-colored clothing
- Avoid sunburn.
- Seek a cooler place
- Drink plenty of fluids
- Take extra precautions with certain medications

### Heat Cramps

Heat cramps can start while you are running, doing

work related exercises or other activities that cause loss of water and electrolytes and an accumulation of lactic acids to form in the legs, quadriceps or even the abdominal muscles.

In hot weather, your body cools itself mostly by sweating. Your sweat evaporates and regulates your body temperature. When you exercise or overexert in hot, humid weather your body is less able to cool itself efficiently.

### Symptoms of heat cramps:

- Cool, moist skin with goose bumps when in the heat
- Heavy sweating
- Faintness
- Dizziness
- Fatigue
- Weak, rapid pulse
- Low blood pressure upon standing
- Muscle cramps
- Nausea
- Headache

Body heat combined with environmental heat results in what's called your core temperature — your body's internal temperature. Your body needs to regulate the heat gain (and, in cold weather, heat loss) from the environment to maintain a core temperature that's normal, approximately 98.6 F.

### Heatstroke:

The medical definition of heatstroke is a core [body temperature](#) greater than 104 degrees Fahrenheit, with complications involving the central [nervous system](#) that occur after exposure to high temperatures.

Contact your doctor if your temperature escalates to 104 degrees Fahrenheit and seek immediate medical attention. Heatstroke is very dangerous and can cause permanent brain damage and damage to other vital organs. The symptoms in young children or infants may be different than adults.

### Symptoms for babies and young children:

- Dry mouth and tongue
- No tears when crying
- Dry diapers for 3 hours
- Sunken eyes, cheeks, soft spot on the top of the skull
- Sleepiness, lack of energy, or irritability

### Additional risk factors:

#### Young age or advanced age

Anyone can develop heat exhaustion, but certain factors increase your sensitivity to heat.

Infants and children younger than 4 and adults older than 65 are at higher risk

The body's ability to regulate its temperature isn't fully developed in the young. In older adults risks may be caused by illness, medications or other factors.

(continued on page 6)

## Heat Exhaustion and Dehydration (continued)

**Certain drugs** Medications that affect your body's ability to stay hydrated and respond appropriately to heat include some used to treat high blood pressure and heart problems (beta blockers, diuretics), reduce allergy symptoms (antihistamines), calm you (tranquilizers), or reduce psychiatric symptoms such as delusions (antipsychotics).

**Obesity** Carrying excess weight can affect your body's ability to regulate its temperature and cause your body to retain more heat.

**Sudden temperature changes** If you're not used to the heat, you're more susceptible to heat-related illnesses, such as heat exhaustion. Traveling to a warm climate from a cold one or living in an area that's experienced an early heat wave can put you at risk of a heat-related illness because your body hasn't had a chance to get used to the higher temperatures.

**A high heat index** The heat index is a single temperature value that considers how both the outdoor temperature and humidity make you feel. When the humidity is high, your sweat can't evaporate as easily and your body has more difficulty cooling itself, making you prone to heat exhaustion and heatstroke. When the heat index is 91degrees F or higher, you should take precautions to keep cool.

### Prevention:

When temperatures climb, remember to:

- Wear loose fitting, lightweight, light-colored clothing.
- Avoid sunburn.
- Seek a cooler place
- Drink plenty of fluids
- Take extra precautions with certain medications

We tend to think of heat exhaustion happening while we engage in strenuous activities in the sun. However, risk to health problems caused by heat happen in other places besides the outdoors. People die every year in their own home. Individuals who live in urban areas and lack air conditioning may end up disabled in their own homes, unable to receive help before they die from heatstroke. Many times residents close up their home and have very little circulation of air in the house. The temperature therefore rises and death occurs. Most at-risk are low-income people living in marginal housing. Mobile homes without air conditioning are dangerous. Work environments without proper circulation of outside air or cooling devices can be subject to heat related illnesses. Children can die in closed cars from heat exhaustion.

As individuals it is necessary to be informed as to the symptoms of dehydration and heat exhaustion. Deaths from heat exhaustion and dehydration can be prevented.

## RACES Field Day Perspectives From CERT Members

*By Barbara Ann Scott*

The RACES Field Day was held at Goldenwest and Pacific Coast Highway at the Huntington Beach Dog Beach on June 24, 2017.

This was my first time attending such an event and I was invited by Robert Zamalin, a longtime RACES and CERT member. I am studying to pass the Technical License Exam for Amateur Ham Radio.

A RACES member sat at a radio in the trailer and I listened while he tried to contact other people on various frequencies. He showed me a chart that sectioned off the various bandwidths and frequencies and which ones we were allowed to use. He also explained the different antennas that were set up and the functions of the knobs on the radios.

One member was able to contact other ham operators in Idaho and Hawaii while I was there and had a list of people he had contacted from all over the country during the morning session. Another member sat at a different radio and tried to make contacts on other frequencies, but it wasn't possible to hear anyone clearly. After careful examination, it was determined something was wrong with the radio.

Attending this event gave greater meaning to the studying I have been doing. I have read that, in a crisis, the only possible means of communication will be by Ham Radio. Therefore, I feel that to be a more effective CERT member, obtaining a license is very important.

*By Raji Shunmugavel*

I attended 2017 Field Day, held on Saturday, June 24, 2017. I rode my bicycle from my house to the Field Day site at Goldenwest and PCH, arriving at 7:45 am. Greg Turlis, RACES member, was already there. I was there second. Since Field day was scheduled to be operational from 8 AM to 6 PM, the other RACES volunteers started arriving by 8 AM. Shelley and Roy Lothringer brought the CERT trailer to the site and I assisted with the set up. Toward the end of the day, a mother and daughter rode up on their bicycles and had several questions about the event. I was able to give them information about CERT and RACES.



**CERT GENERAL MEETING, MARINE SAFETY PRESENTATION, JUNE 8, 2017**

Huntington Beach  
**Fire Department**

## Marine Safety Division

➤ **Providing Safety Services for City Beaches**



Lifeguard Headquarters



Junior Lifeguard Headquarters



Tower Zero



Lifeguard Tower

### Tonight: Marine Safety

**Michael D. Baumgartner**  
Marine Safety Division Chief  
City of Huntington Beach



Michael Baumgartner is a 36-year veteran of the Marine Safety service who was appointed Marine Safety Division Chief for the City of Huntington Beach in March 2014. Chief Baumgartner began his professional Marine Safety career in 1981 as an Ocean Lifeguard I and since then has been Ocean Lifeguard II, Ocean Lifeguard III, Marine Safety Officer, Marine Safety Rescue Boat Operator, and Marine Safety Lieutenant.



## RESPONSE AREAS

- 3.5 Miles of Main City Beach
- 1.1 Miles of Sunset Beach
- All aquatic emergencies within the city limits, the coastal waters, the Santa Ana River and in the case of mutual aid response, to other aquatic emergencies within Orange County.

**CERT GENERAL MEETING, MARINE SAFETY PRESENTATION, JUNE 8, 2017  
(Continued)**

**Huntington Beach Fire Department**

## Marine Safety Division

- Providing Safety Services for City Beaches



Lifeguard Headquarters



Junior Lifeguard Headquarters



Tower Zero



Lifeguard Tower

## Marine Safety Staff

- 1 Division Chief
- 3 Lieutenants
- 9 Marine Safety Officers
- 170 Seasonal Lifeguards
  - Ocean Lifeguards
  - Junior Lifeguard Instructors

### Attendance at Huntington City Beaches

1964-1994- 4.9 million people APY (average per year)  
 1994-2004- 9.0 million people APY  
 2005-2009- 9.9 million people APY  
 2014 12.8 million  
 2015 12.5 million  
 2016 12.9 million



### Top 10 USA Theme Parks (2013)

➤ Disney World	17.2 million
➤ Disneyland	15.9 million
➤ Epcot	11.0 million
➤ Hollywood Studios	9.7 million
➤ Animal Kingdom	9.6 million
➤ California Adventure	6.1 million
➤ SeaWorld Orlando	5.8 million
➤ Universal Studios Florida	5.4 million
➤ Islands of Adventure	4.5 million
➤ Universal Studios	4.3 million

*Note: Huntington City Beach is highlighted with a red arrow pointing to 11.0 million.*

### Surf City

- Double-break surf zone
- Swell size and consistency
- Strong lateral and rip currents
- Dynamic surf zone with changing sand bottom
- High attendance and crowd density
- High profile area drawing media & events
- Year-round "international destination attraction"
- Best entertainment value for the dollar
- Diverse user base (many non-swimmers)
- Unique rescue & medical aid scenarios

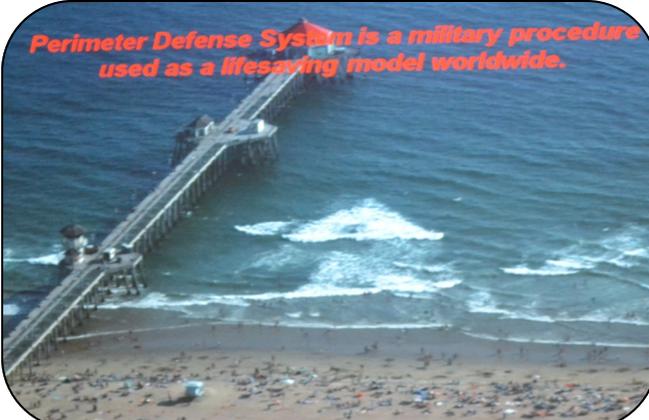
Huntington Beach Fire Department

### Marine Safety Profile

- Resources
  - Lifeguard Towers 30
  - Rescue PWCs 3
  - ATVs 7
  - Marine Safety Vehicles 15
  - Rescue Boats 3
  - Search and Recovery Dive Equipment



**Perimeter Defense System is a military procedure used as a lifesaving model worldwide.**



### PERIMETER DEFENSE SYSTEM

- 30 Lifeguard towers
- Communication
- Anticipation
- Prevention



**CERT GENERAL MEETING, MARINE SAFETY PRESENTATION, JUNE 8, 2017  
(Continued)**

**TOWER ZERO**

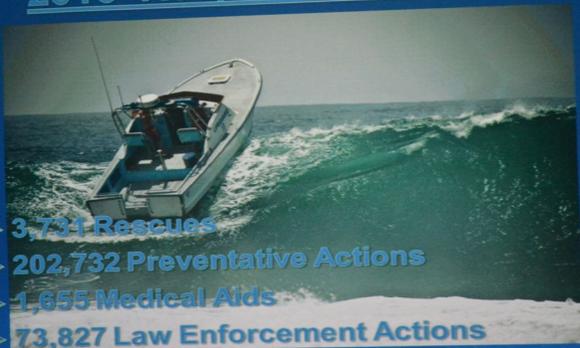
- All weather observation post
- Open 365 days a year
- Open all daylight hours



- Dive Team
- Swiftwater rescue
- Cliff rescue
- Helicopter operations



**2016 Response Statistics**



**RESCUE VESSELS**

- Crystaliners (3)
  - 30 ft. fiberglass construction
  - Twin 8.1 L Crusaders
  - Surfline Rescue Support
  - Boat Rescue / Towing
  - SCUBA
  - Offshore Emergency Response



**Parts of a Rip Current**

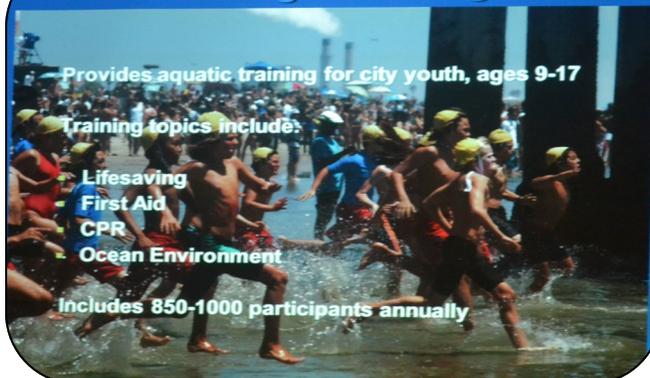


**Public Education**

- Safety Lectures
- Tours
- Beach Safety Week Open House
- Preventative Actions



**Junior Lifeguard Program**



**Corporate Partnerships**

- Toyota (19 Vehicles)
- Hurley (4 Lifeguard Towers)  
 (Lifeguard Uniforms - \$82,000 Yearly (8 years))
- Hollister (\$100,000+ yearly and \$50,000 every 5 years)

# Re-Lei for Life of Huntington Beach

Aug. 12-13, 2017 10am-10am

**Bark for Life** Sat. 8/12 4-6pm: Bring the pups as we walk around the track and celebrate/remember those who have battled alongside our canine caregivers. **Donation of \$10.00** for each pup Sign up now BARK FOR LIFE HUNTINGTON BEACH TEAM.

**Location: Central Park HB**  
6741 Central Park Drive  
(off Edwards between Slater and Ellis)  
Huntington Beach, CA

Relay for life is a **24 hour** event where participants walk the track as a symbol that cancer never sleeps, so neither will we! Teams are created, friends and loved ones alike come to **celebrate and remember** those affected by cancer. Come join us as we **paint our world purple** and **fight back** against cancer! **Mahalo.** \*\*No alcohol

American Cancer Society [www.cancer.org](http://www.cancer.org) (800) 227-2345

Register Online Today! [www.relayforlife.org/huntingtonbeachca](http://www.relayforlife.org/huntingtonbeachca)

[Facebook.com/RelayforlifeHb](https://www.facebook.com/RelayforlifeHb) Instagram @surfcityrelay

Questions? Contact Event Lead, Steph Deagle

714-393-2439 [stephh@superiorsigns.com](mailto:stephh@superiorsigns.com)





## Huntington Beach Community Emergency Response Team 2017 schedule

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

# 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, Alzheimer's Talk, 6:30 PM July 13, 2017 in B8
- US Open of Surfing, July 29 through August 6
- NO CERT General Membership Meeting for month of August
- Red Cross Fundamentals Class, 8 AM to 5 PM, August 12, HB City Hall, Register on the Portal
- CERT General Membership Meeting, 6:30 PM September 14, 2017 in B8
- CERT General Membership Meeting, 6:30 PM October 12, 2017 in B8
- CERT Basic Training Class, Rodgers Senior's Center, October 22 through 22, 2017, sign up on City website

### CPR Classes

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

- Saturday, July 8, 10:00 am – 1:00 pm
- Wednesday, July 19, 6 :00pm – 9:00 pm
- Saturday, August 12 10:00 am – 1:00 pm
- Wednesday, August 23, 6 :00pm – 9:00 pm
- Saturday, September 9 10:00 am – 1:00 pm
- Wednesday, September 20, 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.

CERT NEWSLETTER STAFF: Virginia Petrelis (Editor), Peter Petrelis (Publisher), Anna Pinter, Cynthia Goebel, Carol Nehls, Bob Zamalin, Rajarajeswari (Raji) Shunmugavel, Barbara Scott

### **IMPORTANT ANNOUNCEMENT!**

CERT Website: [www.huntingtonbeachca.gov/cert](http://www.huntingtonbeachca.gov/cert) CERT Contact: [CERT@surfcity-hb.org](mailto:CERT@surfcity-hb.org)  
CERT Message line 714-536-5974 (THIS IS A MESSAGE LINE ONLY!)