

CITY OF HUNTINGTON BEACH CERT NEWSLETTER

June 2012

SINCE 1991



HB CERT HIGHLIGHTS

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CLASS 1



President's Message

By Peter Petrelis
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I hope everyone had a nice Memorial Day holiday and paid tribute to the many who served our country in military service. My wife, Virginia, and I returned just before the holiday from a wonderful vacation cruising down the Mississippi on a riverboat. We took the Amtrak train from Los Angeles to New Orleans and were reminded of the disasters that can occur almost every day. A tornado struck the small Texas town of Weirmer, Thursday, May 10 at 5:25pm damaging a high school and causing injuries, peeling back roofs, overturning a Papa John's fund raiser truck and derailing a nearby passing freight train. This occurred just 24 hours before our train would pass. There were cargo containers and railroad cars, wheels and debris strewn along the tracks. Along a distance of a quarter-mile of railroad track, cargo containers were thrown 10 to 50 feet. Our train was delayed three hours awaiting rail repairs and testing before we could pass. Multiple other tornadoes struck Texas on May 10, 2012. We were reminded that disasters can strike anywhere at any time.



The second Save-A-Life-Saturday (SALS) class Disaster First Aid held May 19 was attended by approximately 70 continuing students. A big thank you to Emergency Service Coordinator Brevyn Mettler, Fire Captain Bob Culhane, First Aid Team leader Joanne Tabata, and team member instructors Pam Bertz, Cathy Green, Susan McClaren, Jim Russell and Steve Yamashita.

The 2012 SALS class series consists of four sequential classes and is now closed except for those who missed a class last year and for exceptional circumstances communicated to me before class. If you missed a class last year, make sure you attend the missed class this year.

The June 16 SALS Disaster Living class will teach outdoor survival skills, tenting, water, sanitation and pet care skills in the event your house is uninhabitable after a disaster. The CERT Cooking Team will demonstrate and prepare bread baked in a charcoal fueled cardboard box oven, and lasagna cooked in a dutch oven. You will also learn how to get an amateur radio (HAM) license.

I need a few more CERT members to walk in the July 4th parade. CERT follows the Huntington Beach Fire Department engine. It is a very fun event for those who walk! So far, Michael Depin, Paul LaGreek, Susan McClaren, Patricia Smith, Linda Shaffer, Graciela Ennis Becerra, Grace Maria Becerra, Jesus Becerra, Roy Alzua, Bob Allen, Carmen Villar-Allen, Linda Vollmar, Virginia Petrelis, myself, Kitty Kwan and Blanche Kung have signed up. If interested, please e-mail me at pgpworks@verizon.net.

Current 2012 Requirements for CERT Member Certifications:

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

Fire Department Volunteer — Certificate of CERT class completion 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 First Aid Class is again a requirement since Brevyn is now certified to teach it. First Aid class, to be taught by Brevyn in the EOC, will be scheduled sometime late summer

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

The Importance of Neighborhood Networking

By Judy Ann Morris

In a disaster, the people that surround you – your neighbors – will be the ones you and your family turn to for immediate help. And, very likely, they will turn to you.

The greater the devastation, the more you will need each other.

Emergency responders such as firefighters, utilities and healthcare providers will have more calls than they can handle. In some cases, the facilities housing them may have been damaged. In others, travel response times may be increased due to debris blocking the routes. Emergency responders may not be able to reach everyone who needs help in the first few hours, or even days.

A neighborhood that is educated in the proper emergency response procedures will suffer fewer serious injuries, less loss of life and reduced property damage.

Recent events around the world have taught us the importance of connecting with your neighbor. It is key to survival.

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:

- Find a place to host an hour-long presentation given by a trained Hbfd CERT Volunteer Speaker.
- Choose a convenient date and time for your group.
- 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.
- CERT will provide a flyer to distribute to your neighborhood or group.
- 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.

Carbon Monoxide Poisoning

From the Hbfd website

What is Carbon Monoxide?

Carbon monoxide (CO) is a tasteless, colorless, odorless gas produced by burning fuel. Therefore, any fuel-burning appliance in your home is a potential CO source. When appliances are kept in good working condition, they produce little CO. Improperly operating appliances can produce fatal CO concentrations. Likewise, using charcoal indoors or running a car in a

closed garage can cause CO poisoning.

What are the Symptoms of CO Poisoning?

Carbon monoxide can kill you. The initial symptoms of CO poisoning are similar to the flu (but without fever). They include: dizziness, nausea, fatigue, irregular breathing, and headache. If you have any of these symptoms and if you feel better when you go outside your home and then symptoms reappear once you're back inside, you may have CO poisoning.

What are the Requirements for CO Detectors?

California Senate Bill 183 requires CO alarms in all new and existing single and multifamily homes. CO alarms for existing single family homes are required at this time and will be required for multifamily homes as of January 2013. For new construction and remodel requirements, contact the Huntington Beach Department of Planning and Building at (714)536-5271.

For existing buildings the requirements include:

- CO alarms are required in every home or bedroom within which gas or wood burning appliances are installed and in homes that have attached garages.
- CO alarms may be plug-in or battery-operated models.
- CO alarms are required to be approved by the Office of the State Fire Marshal.
- CO alarms are required on every level of a home, including basements.
- CO alarms are required outside of each home sleeping area in the immediate vicinity of the bedrooms.
- Combined smoke and CO alarms are allowed and are required to be approved by the Office of the State Fire Marshal.
- CO alarms are required to be installed according to the manufacturer's installation instructions.

What can you do?

- Check your CO detector for proper function according to the manufacturer's instructions.
- Make sure appliances are installed according to the manufacturer's instructions and local building codes. Most appliances should be installed by professionals.
- Have your heating system (including chimneys and vents) inspected and serviced annually.
- Follow manufacturer's directions for safe operation.
- Examine vents and chimneys regularly for improper connections, visible rust, or stains.
- Look for problems that could indicate improper appliance operation, such as:
 - Decreasing hot water supply
 - Inability of furnace to heat house or furnace runs constantly
 - Soot deposits, especially on appliances
 - Unfamiliar or burning odor
 - CO detectors approved by the Office of the State Fire Marshal can be found at: http://www.osfm.fire.ca.gov/licensinglistings/licenselisting_bml_searchcotest.php

Huntington Beach Senior Services

From the HBFD website

The Senior Home Inspection Program, "Project SHIP," is a volunteer partnership between the Huntington Beach Fire Department and Huntington Beach Senior Services. Trained volunteers do free home safety checks for residents age 60 and older, install carbon monoxide detectors (now required by state law), provide free smoke detectors or replace the batteries in existing smoke detectors. The Inspection Request Hotline is 714-374-1615.

CINDER Knows the True Meaning of "Community Service"

By Pam Bertz



"Cinder was born to be a Therapy and Crisis Response Team member as she is a natural for this work and is totally engaging," says Lois Abrams (Psychologist, CERT member, Therapy & Crisis Response Team member with her Cavalier King Charles Spaniels Duke & Romeo.) For awhile, Cinder was part of the Huntington Beach CERT Canine Crisis Response Team, attending most of the CERT classes for two years. For nine years as a Therapy Dog, she has brought comfort, support, smiles, laughs, and compassion to those in the communities she has visited. At youth shelters she helps the kids cope with their emotions after being taken from their homes for one reason or another; at Hoag Hospital she helps patients and their families take their minds off of their pain and concerns; seniors at the Sunrise Senior complex and the Alzheimer's Day Care Center in Huntington Beach enjoy reminiscing and just getting a little non-judgmental love. And while attending CERT classes with her mom, Pam, Cinder helped two CERT trainees get over their fear of dogs, and last year helped teach the CERT Pet Preparedness segment of the Disaster Living Class. On another occasion she accompanied her mom to court (on request of a Judge in Newport Beach) and was put to work by that Judge, as she was asked to help a distraught defendant get over her nervousness of being in court – a job she accomplished in 10 minutes of quiet compassion. She remained in the courtroom for the morning where she was available to stand beside others having a difficult time.

As a HOPE Crisis Response Dog for seven years she has brought comfort, support and compassion to those affected by a tragedy, crisis, or disaster. These have included many "fire camps" providing firefighters and camp workers with a feeling of home and thanking them for their efforts; five "Line of Duty" memorials; victims of crisis' such as the Meritage Salon shooting in Seal Beach, and to children after a campus shooting at Kelly Elementary School in Carlsbad; teenagers experiencing the "Every 15 Minutes" programs in high schools in Fountain Valley, Temecula, Murrieta, Corona, Riverside, and San Bernardino; and just

recently participated in the UC Irvine Campus' "Take Back the Night," giving comfort to all those who attended.

Cinder continues to be an ambassador for canine therapy and showing how these dogs can work their magic in all kinds of situations. At the UCI Child Development Center, they are conducting a four year study to learn whether pet therapy can help children with **ADHD** (Attention Deficit/Hyperactivity Disorder) improve their social skills and control their symptoms.



"Cinder, a golden retriever with a sweet face and slow gait, reclines on a dog bed at the UC Irvine **Child Development Center** as, one by one, half a dozen eight and

nine-year-olds deliver pats and hugs. One boy puts his arms around her in a warm embrace; another gently curls up at her side. From behind a two-way mirror, center director Sabrina Schuck watches closely. "All of these kids have attention-deficit/hyperactivity disorder. They're an aggressive group. A couple of them are at risk of suspension from their school," she says. "Yet they're calm and engaged." The reason, she says, is Cinder — and other therapy dogs." (Quoted from the Zot Zine, UCI's Online Magazine).

The study consists of twice weekly skills classes for 12 weeks.



There are two 12 week sessions each year, with new students each time. The prior students are

followed to see if the progress they have made continues (and so far it has). The skills consist of sitting still for periods of time during the lessons being taught, not rocking or "surfing" their chairs, raising their hands to answer a question or participate – without calling out, working together in groups, using "nice sayings" and encouraging their classmates, controlling their anger or disappointment, and paying attention and staying on task. The more of these skills they can perform or use during the class, they are rewarded with individual time with the dogs (three for each 12 week session). They also have regular reading and journal writing sessions with the dogs. Also part of the program has the kids "teach" the dogs commands like sit, down, stay and come. The dogs don't always respond to the commands on the first try, which teaches patience and helps the kids understand what their parents feel when they do not do what challenges can relate to them. (continued on next page)

CINDER Knows the True Meaning of “Community Service” (continued)

“(A) Mission Viejo resident whose son, Dillon, is in the study, says there has been a marked improvement in his behavior. ‘It’s had an amazing effect, she says. He’s able to sit still more, and he’s easier to control. He’s definitely calmed down a lot. And he’s more assertive in class. His voice is stronger.’ Dillon has also gone from disliking dogs to adoring them, his mother reports, and he looks forward to the sessions rather than dreading them.” (Id. Zot Zine) (Note: many ADHD kids are on medication to help control their behaviors, however, none of the children in this study are on medication.)

Cinder is taking the current 12 week session off at UCI, but continues to visit the hospital, youth shelters, and do “call-outs.”

A CERT-ified Thank You goes out to Cinder, a four-legged, furry “Community” Emergency (Crisis) Response & Therapy Team canine.

Coyote and other Wildlife Information

From HB Police Department

Many residents in Huntington Beach and all of Orange County experience occasional visits from local wildlife, especially those that reside in newly developed neighborhoods or areas next to protected parks and wilderness trails. During spring time, these visits may become more frequent as this is the breeding season for many wild animals. While some residents understand that wildlife is being pushed from their natural habitat and take pleasure in these visits, many consider them a nuisance because of late night forages in trash cans, messes left behind and the occasional “setting up camp” in or around one’s property.

Small pets can easily become coyote prey. Cats and small dogs should not be allowed outside alone, even in a fenced yard. It is highly recommended that their owner always accompany small pets. Though coyotes generally hunt between sunset and sunrise, they can be observed at all hours of the day and will not pass up the opportunity for an easy meal. A dog or cat left in a backyard can be taken in a matter of moments. Eradication and/or relocation of the urban coyote is not effective. These programs actually provide a vacuum in nature, causing these animals to have even larger litters, ultimately increasing the coyote population.

The City of Huntington Beach contracts with OC Animal Care for animal services. OC Animal Care receives many calls about wildlife from residents throughout the year. In an effort to alleviate their concerns, we have some helpful tips to discourage wildlife activity in their neighborhoods.

- Keep pet food indoors and do not leave food of any kind outside at night. Food left out at night will be taken as a welcome invitation by wildlife, and may prompt a future visit.
- Keep cats and small dogs indoors or in the close presence of an adult.
- Remove any fruit which has fallen to the ground.

- Store trash in covered, heavy-duty containers.
- Keep yards free from potential shelter such as thick brush and weeds, and enclose the bottoms of porches and decks.
- Eliminate garbage, debris, lumber piles, etc.
- Check fencing and try to eliminate access points to roof tops.
- Change automatic sprinkler settings regularly.

Taking these preventive measures should help in deterring wildlife from visiting your property. Please remember that if the three (3) life sustaining elements are available (food, water and shelter), you are likely to encounter some wildlife in your area. OC Animal Care will respond to situations regarding any wildlife that is sick, injured, dead, or has had physical contact with a human or domestic animal. For more information on the laws pertaining to urban wildlife and their protection visit the Department of Fish and Game’s website at www.dfg.ca.gov. More specific information on coyotes are available at:

<http://www.dfg.ca.gov/LivingWithWildlife/>
<http://egov.ocgov.com/vgnfiles/ocgov/OC%20Animal%20Care/Docs/regulatory/coyotes.pdf>

The contact information for OC Animal Care is:

Hours of operation:

8:00am-5:00pm daily
(714) 935-6848 or (949) 249-5160
5:00pm-8:00am nightly
(714) 935-7158

Huntington Beach Police Dispatch: (714) 960-8825

Water Safety

By Anna Pinter

As the warm summer months approach everyone needs to remember drowning is a leading – but preventable – cause of death and injury among children and adults in the United States.

Swimming pools, in the backyard, neighborhood, or at an apartment complex area are a favorite way to escape the summer heat and spend time with family and friends during the warm weather months. However, having a pool, spa, pond or hot tub on your property is a huge responsibility. Rules are needed to assure everyone remains safe while having fun. It’s important to remember that a person can drown quickly in any amount of water.

- Drains and vents which include anti-entrapment covers, meaning that they will not entangle the hair or body of an adult or child, need to be installed in all pools. Place an alarm mechanism on the pool gate. The alarm serves as a warning when someone enters or exits the pool area. Use a float-line to separate the deep and shallow ends of the pool; this is very important in a home pool where persons of all ages and various degrees of swimming abilities use the pool. Parents should make sure their children learn to swim at a young age. (continued on next page)

Water Safety (continued)

By Anna Pinter

- An adult should act as lifeguard while a home pool is being used. Designate an adult “Water Watcher” (or multiple adults) to supervise children in or near the pool. This is very important during large gatherings. If the pool employs a lifeguard, remember that your child is YOUR responsibility, not the lifeguard’s. Never fall asleep while sunbathing; never let reading, phones or other conversations distract you when you are the “Water Watcher.” A child should always be accompanied by a responsible adult while in or near the water.
- Access to swimming pools or other bodies of water should be limited by barriers such as locked doors, fences or gates.
- Obey all instructions provided by the Lifeguard and follow all posted pool rules.
- Keep all toys with wheels, such as tricycles and bikes away from the pool deck or Jacuzzi.
- Regardless of age never swim alone, always swim with a buddy in a supervised area.
- A rescue pole or life preserver should always be in a convenient place to aid helping anyone in trouble in the water. Remember to “reach or throw, don’t go” when helping a distressed swimmer.
- Post emergency numbers by the telephone and call for help as soon as an emergency occurs.
- Learn CPR (*cardio pulmonary resuscitation*), so you can help a person in medical distress.
- Post rules that enforce no running, pushing, or horseplay in or near the swimming pool. “Look before you leap” and “no diving in the shallow end”
- Always use a manual or automatic pool cover when pool is not in use.
- Never swim if there is thunder or lightning in the area. Go indoors to safety during a thunderstorm.
- If a child is missing always check areas where there is water first, such as bathroom and pools.
- Never go swimming or boating on the lake or river while intoxicated. Adults should avoid the use of alcohol.
- If spending time on the lake or river, remember to wear a U.S. Coast Guard or CPSC approved lifejacket.

For additional information on pool safety and preventing water related emergencies, please visit the CPSC Pool Safely website at: www.poolsafely.gov.

PHOTOS FROM THE MAY 19 CLASS



PHOTOS FROM THE MAY 19 CLASS





Huntington Beach Fire Department

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

www.Huntingtonbeachca.gov/cert

**FOR MORE INFORMATION
CALL**

714-374-1565



Save-A-Life Saturday Schedule

The series consists of four classes that build on each other and ends with a disaster drill where you can practice what you have learned. You must attend all classes to graduate.

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. *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. *Bring Bag Lunch*

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 until the Red Cross establishes indoor shelters. Learn skills such as tenting, outdoor cooking and sanitation. *Lunch Provided*

Class 4: Light Search & Rescue/Fire Suppression

July 21, 2012 7:45AM to 4PM 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, 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. *Bring Bag Lunch*

Civic Center Address: 2000 Main Street Huntington Beach, 92648

Fire Training Center Address: 18301 Gothard Street



Neighbor Helping Neighbor

Become a Fire Department Volunteer

Get Your Home and Family Prepared

In most disasters, the victim or bystander is the first to respond. Do you know what to do?

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?

In the *Save-A-Life Saturday* series, 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



Emergency Management
&
Homeland Security Office
2000 Main Street
Huntington Beach, CA 92648
714-374-1565



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.

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.

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, June 16th - 10 AM to 1 PM
- Wednesday, June 27th - 6 PM to 9 PM
- Saturday, July 21st - 10 AM to 1 PM
- Saturday, August 11th - 10 AM to 1 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.

Upcoming Events

- **June 7, 2012** - 6:00pm: Management Meeting in the EOC open to all HB CERT Members.
- **June 16, 2012** - Third Save-A-Life Saturday CERT Class (attended prior SALS classes, see attached flyer)
- **July 4, 2012**— CERT to march in 4th July parade
- **July 12, 2012** - 6:00pm: Management Meeting in the EOC open to all HB CERT Members.
- **July 21, 2012** - Fourth Save-a-Life Saturday CERT Class and Awarding of Completion Certificates at the **Fire Training Center**, 18301 Gothard Street, (attended prior SALS classes, see attached flyer)

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**

HB CERT Newsletter Staff

Proof Reading / Editing Team:

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



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!)