



June 2017

HB CERT HIGHLIGHTS

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CLASS 1

CERT Monthly Meeting June 8, 2017

The presenter at the June monthly CERT meeting will be a speaker from the Huntington Beach Marine Safety Division. The Marine Safety Division provides public safety to the City's Main Beach and Sunset Beach. Lifeguards patrol the 3.5 miles of Main Beach shoreline from Beach Boulevard north to Sea Point Avenue, dawn to dusk, 365 days a year. Marine Safety staff is composed of highly skilled experts in aquatic rescue and incident command. They are trained and equipped to respond to a variety of rescue incidents within and outside of their primary jurisdiction. This training and equipment make Marine Safety Specialized Rescue Teams a valuable resource for the city, and to other agencies requesting mutual aid assistance.

In addition, Marine Safety is also responsible for the fantastic Junior Lifeguard Program in the City. The Junior Lifeguard Program was established in 1964 to educate children to recognize potential hazardous conditions associated with an ever-changing aquatic environment. Emphasis is placed on safety, respect, physical fitness, instruction, and discipline. Students are schooled in the oceanic environment, First Aid, CPR, mutual cooperation, competition techniques, and lifesaving methods.

For more information visit Marine Safety at: www.surfcity-hb.org/residents/beach_info/marine_safety.cfm



Susan McClaran's First Aid Corner

It's June already! Halfway through the year.....a good time to **Give Your First Aid Kit a Checkup.**

Check your first aid kits regularly to be sure the flashlight batteries work and to replace supplies that have expired or been used up.

You wouldn't keep out of date food in your fridge, so why keep expired products in your first aid kit? Keeping products past their expiration date can be unsafe. Products will start to deteriorate and may not be effective.

When was the last time you checked the products in your first aid kit? I recommend you check the expiration date on your first aid products, write the dates down and then stick a reminder in your diary.

CERT MONTHLY MEETING, MAY 11, 2017

Autism Speaker

By Phil Burtis

The May 11th CERT meeting featured a talk on autism by Kelly McKinnon-Birmingham (MA, BCBA). Kelly is the Director of Behavior Intervention Services at The Center for Autism and Neurodevelopmental Disorders which has offices in Santa Ana.

The mission of the center is to provide help and hope to children, adolescents, young adults and their families living with Autism Spectrum Disorder and other neurodevelopmental disorders through excellent clinical care, innovative research, quality education, training and community engagement. You can find out more about them at:

www.thecenter4autism.org/About-Us/Overview

During her talk Kelly discussed the different levels of autism and what signs/symptoms are the keys to look for when diagnosing autism. She shared several stories about the types of behaviors one might expect.

One of the points she brought up was that often abnormal or unfamiliar situations can trigger vastly differing responses from people with autism. That makes it even harder if we consider that, as a CERT responder, a likely scenario is that some sort of disaster has occurred and we are handling first aid, sheltering or some other form of assistance. Consider that a disaster by its very nature is abnormal and disruptive, couple that with us trying to help someone who has no idea who we are or what we're trying to do and the result could be an extremely difficult situation.

Kelly gave us some hints on how to attempt to handle such a situation. Clear hand gestures and even pictures, if needed, were suggestions for situations where the autistic individual's communication skill is compromised. Trying to have them move around, in a safe area of course, is another suggestion that would help stop fidgeting for someone who really has trouble sitting still.

It was a very informative evening and almost everyone in the room had either direct experience with or knew someone who is autistic.

The center offers different training and classes if you would like to know more. Check out the 'Autism 101' link on their page at:

www.thecenter4autism.org/Education-Training/Education-Training-Overview

What is 5150?

By Raji Shunmugavel

Since 1949, May has been observed as Mental Health Awareness Month. At our May 11, 2017 monthly meeting we had a speaker who is trained and has a good knowledge of the person with special needs.

5150 is the section of the California Welfare and Institution Code which specifies how an adult who is experiencing a mental health crisis can be involuntarily detained for up to a 72 hour psychiatric hospitalization when police or certain mental health professionals determine the adult meets at least one of three basic criteria:

1. A danger to others
2. A danger to self (not limited to suicidal behavior)
3. Gravely disabled (unable to take care of food, clothing and housing needs)

On a daily basis, the person affected by autism has a well structured environment. When something out of the ordinary occurs, it may have a severe impact on their daily routines.

Our speaker clearly pointed out the necessary steps to handle persons with mental illness in a shelter environment. Being in a shelter could alarm a person with autism and echolalia. Echolalia is defined as the automatic repetition by a person of what is said in his/her presence as a symptom of mental disorder.

Rather than intimidating the person, the volunteer, with perseverance, can put themselves into the other person's shoes, interact and keep the person calm.

CERT always trains its volunteers to be prepared for an emergency. Dealing with autistic disorders adds more challenges. Our speaker helped us gain good insight.

Orange County Water District Tour April 29, 2017

By Phil Burtis and Raji Shunmugavel

On Saturday, April 29, about 30 CERT members received a special guided tour of the Orange County Water District (OCWD) Ground Water Replenishment System (GWRS). Our tour guide was Becky Mudd, the Community Outreach & Education Coordinator.

The OCWD was created in 1933 with the goal of ensuring the safety and fair distribution of the aquifer that underlies this area of the county. The county at that time was almost entirely agricultural and water was the key resource enabling everyone to survive. Banding together, the farmers went to state legislature and requested the creation of the agency.

Since 1933, OCWD's careful management of the aquifer has allowed it to supply approximately 75% of the water supply for north and central Orange County. Nineteen municipal and special water districts pump water from the groundwater basin and deliver it to the 2.4 million residents in the District's service area.

Orange County Water District Tour April 29, 2017 (continued)

Besides simply managing the distribution, OCWD is also responsible for ensuring the quality of the water it delivers. OCWD's state-certified monitoring and compliance lab adheres to a rigorous monitoring program. It tests for more than 500 compounds, including contaminants of emerging concern, analyzes more than 20,000 samples per year and reports more than 400,000 results. It is one of only 10 labs in the nation to receive full EPA certification for unregulated contaminant monitoring.

The OCWD is managed by a 10 member Board of Directors. Here in Huntington Beach, OCWD Division 6, our representative is CERT member Cathy Green who previously served as President of the Board. Of the 10 members, three are appointed and the others are elected.

The main part of the tour was the GWRS. In cooperation with the OC Sanitation District, the waste water that has been processed by the OCSD is then pumped across to the OCWD facility. More than 200 million gallons of wastewater per day pass through the facility and goes through three stages of purification to remove all contaminants.

The first step is microfiltration where the water is filtered through large holding tanks and 0.2 micron in diameter fibers that remove suspended solids, protozoa, bacteria and some viruses. Following that the water is forced under high pressure through reverse osmosis filters that remove dissolved chemicals, viruses and pharmaceuticals in the water. Following that the water is then exposed to high-intensity ultraviolet (UV) light with hydrogen peroxide (H₂O₂) to disinfect and to destroy any trace organic compounds.

At this point the water is almost too pure! If it were pumped through pipes, it would be way too corrosive so there are some chemicals added back so the system doesn't eat itself up. At this point it would be 100% safe to drink, however, people worry about that. So what happens is the water is then pumped way back upstream to Anaheim where it goes into a series of basins and then filters through sand and gravel to replenish the aquifer.

At the end of our tour we were offered samples to taste of water which had been treated by the three step process – it had a “flat” taste similar to distilled water.

Incidentally, we were told that the two largest power consumers of SoCal Edison's energy are Disneyland and OCWD!

There is a lot more that could be written, but space is limited. For the complete story please visit: <https://www.ocwd.com/gwrs>.

CERT Disaster Living Class, May 20, 2017 By Huntington Beach CERT Newsletter Staff

Carol Burtis, Cert Coordinator gave the introduction to the CERT Disaster Living Class.

The class consisted of five sessions:

Tenting and Sheltering Session

The tents and outdoor shelter session was taught by Phil Burtis, and the tents were set up by Maria Young. However, it turns out most people either had a tent or previous experience with tenting and/or camping. Given that, there wasn't too much to talk about on tents per se. But there was a discussion of using tarps as a lean-to and also as “curtains” that in conjunction with an E-Z Up (that many people have) provide good outdoor shelter. Some questions about generators came up that may be worth documenting. The basic question is “do I need a generator?” and if so, “what should I get?” Please see the accompanying article on generators.

Sanitation Session

Chad Hicks-Beach taught sanitation session. One of the biggest problems if you are unable to use your home's facilities and have to set up in your backyard be would what to do with body wastes. He gave a humorous report using two buckets labeled “POO” and “PEE” and explained the need for two buckets. If we do not take care of waste properly, we allow bacteria to grow. Chad appeared to be quite comfortable talking and teaching the students about our “daily business.”

Alternate Cooking Session

The cooking class session was led by Cooking Team Leader, Billie Brandon. Her presentation on safe food handling and alternative cooking methods was demonstrated by using Dutch ovens (charcoal fired) to cook the lunch of chicken soup with home-made noodles, a single burner butane stove to cook chicken noodle soup (prepared with dehydrated foods and dried noodles), and box ovens (charcoal fired) to bake apple crisp for dessert. Billie demonstrated to all how to make noodles from flour and eggs with salt and pepper seasoning. The class members enjoyed sampling our cooking efforts and returned for seconds of soup and apple crisp.

The class members showed interest in where to acquire Dutch ovens, charcoal cooking tables, single burner stoves, making a box oven, butane fuel, #10 cans of apples, and dehydrated vegetables as well as Billie's marble rolling pin.

Water Purification Session

Gabriela Menendez spoke on the importance of keeping water available for drinking, food washing, washing dishes, brushing teeth, making ice and other purposes.

CERT Disaster Living Class (continued)

for the home since it would be too heavy to transport. The five gallon containers would be the most portable as well as the one gallon or pint bottles.

Gabriela Menendez stressed the importance of storing water in places where it can't become contaminated. Plastic containers should never be placed directly on cement.

Pet Care Session

Susan Keys from SCART (Southern California Animal Response Team) gave a talk on the responsibilities involved when you have pets during a disaster and how important it is to make sure they are also safe. Her heartbreaking photo of a dog on the roof of a house, trying to stay alive while waiting to be rescued during a flood, brought to light just how serious this situation can be.

There are two types of shelters where pets are allowed:

- Pets only
- Pets are allowed to stay with their families

Some people are afraid of pets or are allergic to them so there have to be ways to keep the animals safe without causing other problems. There hasn't been as much consideration for animals during evacuation as there has been for humans, but now it is getting more important that they get equal attention. If a child or family insists on evacuation with their pets, the responders must cooperate. A guide dog is now given priority for the blind people.

The importance of documenting is vital in order for people to identify the correct animal when they come to pick them up. Susan recommends keeping current pictures of you and your pets to make identification easier. There have been times when someone comes to pick up an animal that doesn't belong to them, creating an environment for theft.

People have been extremely generous when donating food and supplies. The problem is where to store it all.

There is nothing more rewarding than to see a family and their pets reunited after a disaster. SCART has been dedicated to making sure this occurs as often as possible.

Support

Several CERT (color team) ham radio operators assisted with communications. They were Raji Shunmugavel, Mike Cohen, Steve Whitaker, Ed Klotz, Ken Mailman, with Bob Dow as Net Control. A big thanks to all of those who assisted with logistics. Chad Hicks-Beach, and Richard Batistelli are the team leaders. Registration was handled by Janice Goodwin and Maria Young.

Generators

By Phil Burtis

Should you decide to invest in a generator, there are three main factors:

- Power Needed
- Fuel
- Noise

Power: Generators are rated in watts. A 1,000 Watt generator (often stated as 1KW where K stands for Kilo=1000) will run anything that takes less power than that. A 700 watt hair dryer or an 800 watt microwave could be powered, but NOT be run together (700+800=1,500 which is over the 1,000 watt rating). There are some sites on the web where you can get tips on how to size a generator based on what you need to run. There are also some models where you can connect two smaller generators together to provide more power, which may give more usage options for less weight. These things can easily be 100 lbs or more when fueled up.

Fuel: Most generators for small consumer use run on gasoline. So, if you go that route, then planning how much gas you must store to use the generator, and how to store gasoline safely becomes an issue. Remember, in an emergency when you have no power and need the generator, odds are the local gas station has no power either. There are also more expensive generators that can run on natural gas, propane, diesel, or even a combination of the above.

Noise: Most of the less expensive generators are noisy. Noise is measured in decibels which is abbreviated 'db'. So, depending on your needs and tolerance, noise could be a consideration. As an example, generators must be under 60 db in National Parks. The lower the db, the quieter the device is. You can, of course, move it further away, but that leads to running long extension cords which drop the power supplied at the end.

The bottom line is this: Do research and think through your usage before you commit to an expensive purchase. There are even more factors than just these three basic ones.

Safety: The most important thing is safety. Fuel storage is of course one big one. Another rule is NEVER run it indoors. The generator must be outside and an extension cord should be used to bring power where needed. DO NOT try to connect the generator output to your house wiring. Most things do not need constant power, so only run the generator when needed to save fuel and minimize risk. A refrigerator can stay cold for hours, if left closed. The freezer will stay cold longer than the refrigerator, so neither needs constant power. Use a generator safely and efficiently.

CERT Members at the Orange County Sanitation District tour April 29, 2017



**Upper: CERT Members at the Orange County Sanitation District tour April 29, 2017
Lower: Responding to a Questionnaire at end of tour**





Where Does Orange County's Water Come From?

Orange County's water comes from the local groundwater basin and imported sources from far away.



California Is Water Challenged

75% OF PRECIPITATION FALLS NORTH OF SACRAMENTO

75% OF WATER IS USED SOUTH OF SACRAMENTO

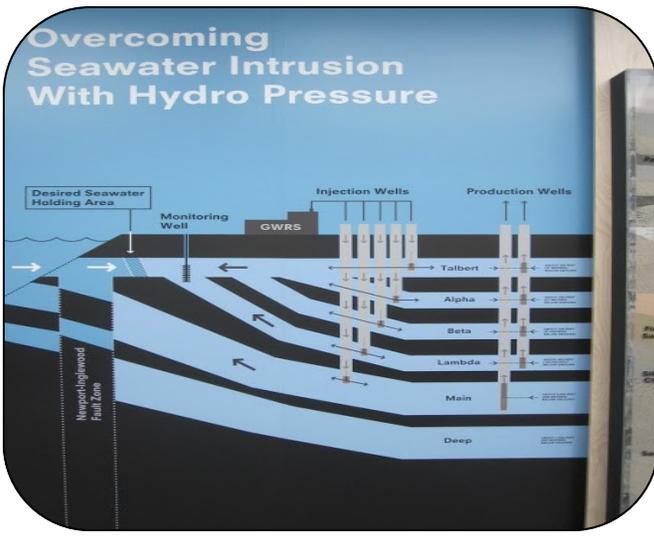
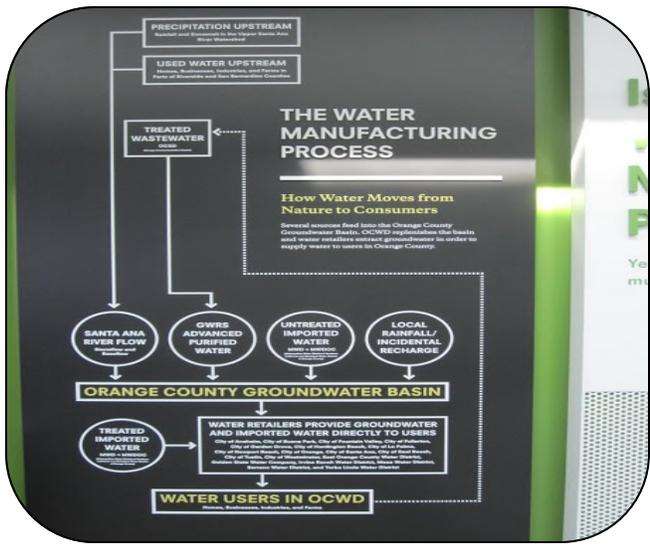
DRINKABLE WATER IS SCARCE IN SOUTHERN CALIFORNIA

Most of California's rain and snowmelt occur in the northern part of the state. However, the heart of agriculture, as well as the majority of the population, is located in the Central Valley and Southern California.

California's average annual rainfall of 23 inches (584 millimeters) is not nearly enough water to support the most productive areas in the U.S. The dry to semi-dry state, Californians get clean, safe drinking water through a complex system of dams, reservoirs, canals, tunnels, pipes, pipelines, aqueducts, and desalination.

NORTH AND CENTRAL ORANGE COUNTY
About 80% Imported Water
About 20% Local Groundwater

SOUTH ORANGE COUNTY
About 80% Imported Water
About 20% Local Groundwater and Wells



CERT Members at the Orange County Sanitation District tour April 29, 2017



Hydranautics - A Nitto Group Company and Orange County Water District
Innovative Technology for Superior Water Quality

- Hydranautics' reverse osmosis (RO) membrane elements which are housed inside the pressure vessels are being used to help replenish Orange County's groundwater in the largest reclamation project in the United States.
- Hydranautics' RO membrane elements provide a barrier layer which the water molecules pass through, but particles, salts, viruses, pesticides and other contaminants do not.

- Hydranautics ESPA2-LD RO membrane elements operate at significantly lower operating pressures than most brackish water RO membrane elements (<150 psi versus 225 psi) which results in significant energy cost savings.
- One Hydranautics ESPA2-LD RO membrane element will purify 10,000 gallons per day (at standard test conditions).

h2o innovation

REVERSE OSMOSIS FOR INDIRECT POTABLE REUSE

Reverse osmosis (RO) is frequently used in water reuse systems as it rejects greater than 98% of dissolved salts, organic material, and microorganisms and is the best available technology to do so. The RO permeate, similar to distilled water, is so pure that it must be typically added to a base fluid to ensure that it does not contain materials known to be harmful. As pure RO is removed from the feed water, the remaining stream is then disposed.

HOW IT WORKS

The water is pushed through the membrane press only allowing water molecules to permeate through the membrane structure while rejecting dissolved salts, organic and biological material. 98% of the water will be converted to permeate. As pure RO is removed from the feed water, the remaining stream is then disposed.

H2O Innovation participated in the OCWD project by designing, manufacturing and commissioning the reverse osmosis equipment used in the desalination process and assisting in the development of other portions of the system.



May 20, 2017 Disaster Living Class, Class Listening to Billie Brandon, Cooking Team Leader, Describe Alternate Cooking Methods



May 20, 2017 Disaster Living Class, Cooking team Preparing Noodles from Scratch, and Cooking Chicken Soup for Lunch



Cooking Team Leader Billie Brandon Taking a Short Well Deserved Break!

May 20, 2017 Disaster Living Class, Cooking Team Preparing Noodles from Scratch, and Cooking Chicken Soup for Lunch (continued)



Homemade Chicken Noodle Soup Cooking in Dutch Ovens



Finished product: A Bowl of Homemade Chicken Noodle Soup



Susan McClaran Preparing Apple Crisp



Box Ovens Used to Cook Apple Crisp

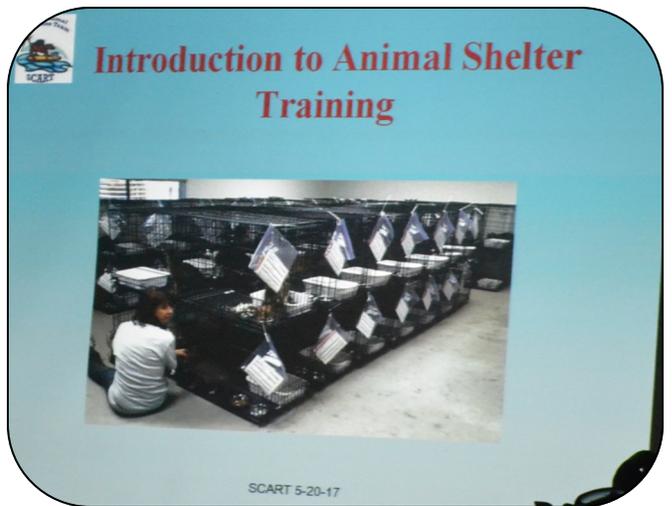


Finished Product, Apple Crisp Dessert!

May 20, 2017 Disaster Living Class Sessions



Tenting and Shelter Session



Pet Care Session

May 20, 2017 Disaster Living Class Sessions



Sanitation Session



Water Purification Session



May 20, 2017 Disaster Living Class, Chicken Soup for Lunch



Freeze dried
Ingredients for
Chicken Soup



Students Enjoying
Alternate Cooked
Chicken Soup



Cleaning Up!

May 20, 2017 Disaster Living Class



Registration Sign-in Staff

**Ham Radio Color Team,
Works to keep Class Sessions
Running on Time Schedule**





RE-LEI FOR LIFE HUNTINGTON BEACH PRESENTS...

PAINT OUT CANCER PARTY!

(A FUNDRAISER FOR THE AMERICAN CANCER SOCIETY)

Date: June 3, 2017

Time: 5:30 pm - 8:30 pm

Location: Delicious, 16582 Gothard St,
Huntington Beach, CA 92647

Cost: \$40 Cash Donation (includes
dinner, drinks, and painting)

***RSVP:** By May 1 to Stephanie Deagle
at StephH@superiorsigns.com



**RELAY
FOR LIFE**



Relay for Life is the world's largest and most impactful fundraising event to end all cancer. The fundraising earned helps



Huntington Beach Community Emergency Response Team 2017 schedule

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



Huntington Beach Community Emergency Response Team 2017 schedule

HBCERT Events 2017	Date	Details
Senior Saturday	Saturday, Sept. 9th	HB CERT Event Support
CERT September Monthly General Meeting	Thursday September 14th	6:30pm-8:00pm Room B7 in the Civic Center
CERT Fall Basic Training	August, October or November 2017	Training for membership Time & Location TBD
HB Air Show	Sept. 30-Oct. 1	HB CERT Event Support
CERT October Monthly General Meeting	Thursday, October 12th	6:30pm-8:00pm Room B7 in the Civic Center
Fire Department Open House	Saturday, Oct. 14	Additional details 10a-2p CNET fire station HB CERT Event Support
Huntington Beach Hospital Flu Shot & Health Fair	TBD*	Time TBD
CERT November Monthly General Meeting	Thursday, November 9th	6:30pm-8:00pm Room B7 in the Civic Center
CERT December Monthly General Meeting	Thursday, December 14th	6:30pm-8:00pm Room B7 in the Civic Center

* Event dates will be announced as they become available

** Events may be added or removed to the calendar

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, Marine Safety Talk, 6:30 PM June 8, 2017 in B8
- CERT General Membership Meeting, Alzheimer's Talk, 6:30 PM July 13, 2017 in B8
- First Aid / CPR / AED Training 8:00 AM June 17, 2017, Register on the Portal
- US Open of Surfing, July 29 through August 6
- Red Cross Fundamentals Class, 8 AM to 5 PM, August 12, location TBD, Register on the Portal

CPR Classes

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

- Saturday, June 10, 10:00 am – 1:00 pm
- Wednesday, June 21, 6 :00pm – 9:00 pm
- 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

To enroll in CPR classes, call 800-400-4277 or 714-556-4277. Class location is in the HB area and exact location given at time of enrollment.

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



IMPORTANT ANNOUNCEMENT!

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