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You wouldn’t keep out of date food in your fridge, so why keep expired products in your first aid kit?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.
Autism Speaker  
By Phil Burtis  

The May 11th CERT meeting featured a talk on autism by Kelly McKinnon-Bermingham (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, was 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.
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.

Moving Water to Orange County

California is Challenged

75% of the population lives in Southern California. The southern half of the state is where the majority of large urban centers are located, such as Los Angeles, San Diego, and San Jose. In California, the majority of water is used in Southern California. Southern California has the highest population density and the greatest demand for water.

Overcoming Seawater Intrusion With Hydro Pressure

How Water Moves from Nature to Consumers

Water Users in OCWD

Orange County Groundwater Basin

Treated Water

Groundwater Recharge

Desalination

Monitoring Wells

Injection Wells

Production Wells

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

## 2017 schedule

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

* Event dates will be announced as they become available

** Events may be added or removed to the calendar
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.

CITY OF HUNTINGTON BEACH CERT

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

- 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.

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!)

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