

CITY OF HUNTINGTON BEACH CERT NEWSLETTER

May 2011

SINCE 1991



HB CERT HIGHLIGHTS

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CLASS 1



President's Message

By Peter Petrelis

pgpworks@verizon.net

We prepare the CERT newsletter on the second Tuesday of the month, so there is a delay in events discussed in my President's message. A lot has happened since we prepared and edited the April newsletter.

The devastating March 11th Japan quake and tsunami was massive.

Over 700 residents attended the March 19th Emergency Preparedness EXPO at the Huntington Beach Central Library. Sixty additional individuals signed up for the Save-a-Life Saturday (SALS) classes that start April 16th.

On April 8th, a drill was held at John Wayne airport. The purpose of this drill, held every three years, is to assess response preparedness. The drill scenario was a plane's hard landing, collapsing one side of the landing gear and skidding into a Cessna, causing a fire, damage, and numerous injuries to the plane passengers. Huntington Beach CERT members Richard Batistelli, Al Collins, Mike Depin, Peter Petrelis, Virginia Petrelis, and Raji Shunmagavel, Linda Vircks, as well as CERT members from other cities, were made up to simulate injuries and role played as injured passengers. Airport staff, Sheriffs' personnel, and Fire Departments' personnel from Orange County cities responded and simulated patient care including a short ride in an ambulance.

The catastrophic events in Japan should have reinforced the need in being prepared to be on your own with your neighbors for at least 72 hours before significant help can be available. The bigger the catastrophe, the longer it will take for help to arrive. You should stockpile supplies and especially, adequate clean water. The Red Cross priorities start with: prescriptions, water, and food. My wife and I have medicines, water, clothes, food and cooking supplies at several locations including our motorhome which is just over a mile away. We also have "Grab and Go" bags, containing needed supplies, water, clothes and a tent stored in our vehicles. Remember, we cannot control the disaster, only the preparedness. The SALS classes are very timely in providing information and training for disaster preparedness.

Dress Code for Save-a-Life Saturday (SALS) Classes.

Long pants and closed toe shoes are necessary for safety reasons. No tank tops.

The President's Preparedness Challenge for this month is:

The challenge for May is to review your preparedness and accelerate your stockpiling of supplies.

• The following websites provide valuable information on disaster response:

- <http://www.oes.ca.gov/>
- <http://www.fema.gov/plan/>
- www.ocready.org/
- www.huntingtonbeachca.gov/cert

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 me at

pgpworks@verizon.net

Upcoming Events

- May 5, 2011 - 6:00pm: Management Meeting in the EOC open to all HB CERT Members
- May 21, Second *Save-a-Life Saturday* Class, 7:45am to 2:30pm
- June 2, 2011 - 6:00pm: Management Meeting in the EOC open to all HB CERT Members
- June 18, 2011—Third *Save-a-Life Saturday* Class, 7:45am to 2:30pm

Fire Med customers can take CPR classes for free and non-FireMed customers can take classes for a fee. Dates are listed below:

Saturday, May 21, 9:30 a.m. to 12:30p.m.
Wednesday, May 11, 6 to 9 p.m.
Wednesday, June 8, 6 to 9 p.m.
Saturday, June 18, 9:30 a.m. to 12:30p.m.

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

Emergency Preparedness Steps for Persons with Special Needs

By Anna Pinter

Do not let panic overtake you when an emergency hits. Start taking charge right away by following the guidelines below to be prepared for whatever emergencies may happen.

Start Thinking About Your Emergency Preparedness Plan Now

Emergency situations can be challenging and very frightening. If you have a disability or special needs, your situation can change from challenging to life-threatening in a short period of time. If you are mobility impaired, who will help you to a safe shelter? Who's going to ensure you have food, water and supplies to survive for the next few days or weeks? Who will check on you immediately after an unforeseen event?

Understand What the Government Can and Cannot Do

The federal government has several agencies in place to help in an emergency. Federal government agencies work closely with state and local governments. However, although these agencies play a critical role, it's unlikely their personnel are going to personally assist you in your home or office.

- Federal Emergency Management Agency (FEMA) is a part of the Department of Homeland Security (DHS) and is given the task of protecting the nation from all hazards by creating an emergency management system. FEMA has employees available for deployment to work with state and local officials. These employees work in partnership with the Division/Department of Emergency Management (DEM) in each state and the American Red Cross.

- You need to take responsibility and understand how to evacuate whatever building where you may work or live.

- You need to have food and water on hand in your work place or home. You may be confined for an extended time without food, water, gas, electricity and other necessities.

If you are disabled or have special needs, you should pre-plan who will help you at work or in your residence. Every person needs to make these plans but as a special needs person, sometimes emergencies bring more challenges. Will the path be clear to move with a walker or wheelchair? Will your medicine be readily available at the local drug store? Think of all the things you may need that may not be immediately available, and pre-plan to solve these problems.

Educate Yourself

As you begin to put together a plan, think of the different disasters that can occur in your location.

Learn about what your needs will be in each situation. Regardless of the type of emergency, experts agree the following steps if taken before a disaster strikes, will save lives and reduce injuries:

- Establish a personal support network
- Create a family emergency evacuation/survival plan
- Prepare emergency supply kits, *Grab and Go Bags*
- Educate yourself as to what you will need in a *Grab and Go Bag*, and assemble your personal supplies. *Grab and Go Bags* for adult/senior male, female, disabled, baby/child/teenager and pet may require some different items.
- Educate yourself about the American Red Cross ,Warning Emergency Systems (Alert OC, reverse 911 call, radio/television broadcast/siren)
- What is your community's evacuation route?
- Is assistance available for people with disabilities or special needs?
- Is there a Community Emergency Response Team (CERT) in your neighborhood?
- Have you or someone near you taken the "Save a Life Saturday" classes offered in Huntington Beach?
- Go online and search for information on natural and man-made disasters.

Establish a Personal Network

A personal support network consists of a group of people who will check on you or help during a disaster. Some of the people in a network should be very reliable friends, family, neighbors, or co-workers. You should identify at least three people at all locations where you spend time. Some places would be home, office and school. If you are personally challenged and use personal assistance services, work with them to determine an emergency plan. Establish your own network and actively participate to receive their help, and find out how you might be able to help, also.

Some helpful networking hints

- Ask people in the support network to call you in an emergency to make sure you are okay. Anyone who does not call you, call them and see if they need help. If you have at least three people in your network, the chances are one of them will be able to help.

- Discuss options of how to contact each other in an emergency such as if the telephones are not working.

Create an Emergency Health Information Card. Exchange cards with the members of your network, and put a copy in your Emergency Supply Kit. The card should include an out of state emergency contact, a list of up to date medications, adaptive equipment, allergies, blood type, immunization

Emergency Preparedness Steps for Persons with Special Needs (continued)

dates, insurance numbers, social security numbers, communication difficulties, health providers and any other information pertaining to your personal wellbeing.

- Show members of your personal support network where your emergency supplies are located.
- Make sure they know how to work your adaptive equipment.
- Share important keys.
- Notify your network when you go out of town and when you return. Members of your network should also notify you when they leave town and return.

Challenged individuals should always have networks to help in case of disasters. Challenged individuals also can help others before and during a disaster by being informed and sharing information. The network is beneficial to all involved.

Establish and Practice Family Emergency Evacuation and Survival Plans

- Involve all members of your family in creating a home emergency plan. Educate yourself and other members of your home in the disasters common to your area.
- Identify safe areas in your home in case of a natural disaster.
- Determine an evacuation route. If you are disabled or have other special needs, plan how you will escape and who will be able to help you.
- Determine two meeting places; one place will be immediately outside your home. This is an example of a meeting place when the disaster is a home fire. The second location would be outside your neighborhood in case you are unable to return home.
- Arrange an out of state contact the family can call. Phones can be tied up or not operating in the state where the disaster occurred, but calls may be made outside of the state. This out of state contact can relay messages to family members attempting to call one another.
- Post emergency phone numbers, where these numbers are easily found, for all members of your network.
- Show each family member how to shut off the gas, water, and electricity at their main shut-off valves. Teach each family member how to use a fire extinguisher and check all smoke detectors twice a year. Set up a date to check smoke detectors at the same time every year.

Workplace Survival Plans

- You need an emergency plan in every location where you spend time, such as work and school. How do you evacuate a building in the event you have to get out in case of an emergency? Rely on your pre-disaster planned network, also rely as much as possible on yourself and not others. If you are told to evacuate, do so immediately.
- Talk to the building management before an emergency occurs. Educate yourself so when you talk to

the management you are knowledgeable and can assist if necessary in developing a plan. The Americans with Disabilities Act (ADA) requires building management to include provisions for people with disabilities in their safety plan. Ask to review the plan and determine if the plan meets the requirements of individuals with special needs.

- Encourage all staff to work together helping to form a support network for challenged individuals. Recommend regular practice drills. Everyone needs to practice and learn to use evacuation drill equipment such as evacuation chairs. If you have a service dog, include the dog in the drill. Regularly scheduled drills will benefit not only the disabled person but all individuals at the workplace.

Prepare Emergency Supplies Kits

- Everyone needs at least one small Emergency Supply Kit. This kit should be with you at all times. It includes the basic information and documents that allow you to receive help. This information should be in your purse or wallet.
- A *Grab and Go Bag* should be kept in your residence packed and ready to go for evacuation or if you are confined in your home in the event of an emergency. Make sure the bag has all necessities and is portable.
- A car kit should be in your car at all times. You can assemble one yourself or buy one already assembled.
- Many individuals store water at their residence in 50 gallon barrels. They also have a trash can with rolling wheels. The trash can contains all supplies they will need until help is available. Remember if you have animals they will need water, food, and medicine stored. Some people have a cage or enclosure to keep their animal protected in case of evacuation, downed walls or broken gates. If your present location is not safe for you, it is not safe for your pet.

Start Preparing Today

Consider this guide as a starting point to be prepared for the next man-made or natural disaster. It is impossible to include all the special needs unique to each individual's circumstance. You will need to think carefully about your own individual situation. It takes time and effort to prepare, but remember the time you spend now may one day save your life and the lives of others.

Resources:

<http://www.citycent.com/dp2>

<http://www.ready.gov/america/getakit/disabled.html>

http://www.disastersrus.org/MyDisasters/disability/disability_preparedness.htm

www.oc-redcross.org

Are You Ready?

By Anna Pinter

Water is an important item for survival especially in Southern California. Several areas in Southern California are desert or semi-desert. Storage of water is necessary for the survival of humans and animals.

How Much Water Do I Need?

You should store at least one gallon of water per person per day. A normally active person needs at least one-half gallon of water daily just for drinking.

Additionally, in determining adequate quantities, take the following into account:

- Individual needs vary, depending on age, physical condition, activity, diet, and climate.
- Children, nursing mothers and ill people need more water.
- Very hot temperatures can double the amount of water needed.
- A medical emergency might require additional water.

How Should I Store Water?

It is recommended you purchase commercially bottled water for the safest and most reliable emergency supply. Keep bottled water in its original container and do not open it until you need to use it.

Many people buy 50 gallon water barrels from emergency supply businesses for storage of water. They also buy a pump for extracting the drinking water and a liquid for sanitizing the water.

The barrel should be marked as to the day it was filled.

If you are preparing your own containers of water:

It is recommended you purchase food-grade water storage containers from surplus or camping supplies stores to use for water storage. Before filling with water, thoroughly clean the containers with dishwashing soap and water and rinse completely so there is no residual soap. Follow directions below on filling the container with water.

If you choose to use your own storage containers, choose two-liter plastic soft drink bottles – not plastic jugs or cardboard containers that have had milk or fruit juice in them. Milk protein and fruit sugars cannot be adequately removed from these containers and provide an environment for bacterial growth when water is stored in them. Cardboard containers also leak easily and are not designed for long-term storage of liquids. Also, do not use glass containers, because they can break and are heavy.

If storing water in plastic soda bottles, follow these steps:

Thoroughly clean the bottles with dishwashing soap and water, and rinse completely so there is

no residual soap. Sanitize the bottles by adding a solution of 1 teaspoon of non-scented liquid household chlorine bleach to a quart of water. Swish the sanitizing solution in the bottle so that it touches all surfaces. After sanitizing the bottle, thoroughly rinse out the sanitizing solution with clean water.

Filling water containers:

Fill the bottle to the top with regular tap water. If the tap water has been commercially treated from a water utility with chlorine, you do not need to add anything else to the water to keep it clean. If the water you are using comes from a well or water source that is not treated with chlorine, add two drops of non-scented liquid household chlorine bleach to a quart of water. Tightly close the container using the original cap. Be careful not to contaminate the cap by touching the inside of it with your finger. Place a date on the outside of the container so that you know when you filled it and store in a cool, dark place. Replace the water every six months if not using commercially bottled water.

This is the information as written on the FEMA Are You Ready website listed below:

http://www.fema.gov/areyouready/assemble_disaster_supplies_kit.shtm

CERT Volunteer Hours

By Virginia Petrelis

In these days of dwindling City budgets, it's especially important that our City realize the value of the resources invested in CERT volunteers and the need to continue supporting our program. CERT is really about public education and volunteers give up many hours working information booths at local businesses and schools, at the Disaster Preparedness Expo, teaching our Save-A-Life Saturday classes and all the behind scene support for the various activities. Many more hours are spent in training to reinforce the basic skills and to learn new skills.

It is most important that you record every hour that you volunteer to CERT and send them to me at least quarterly. This is not just for personal recognition at the end of the year, but for City recognition. We don't want our City to say that the CERT program is not valuable and cut off our funds. Please send your hours to me at vapworks@yahoo.com. If sending via e-mail, please put "CERT hours" and your name in the subject line.

CERT Family Good News

By Graciela Ennis Becerra

My children have grown up within the CERT program. Thank you for allowing me to share my family's blessings:

Grace Maria Becerra, 26 yrs, attends Golden West College and is being awarded four scholarships (\$2,650) toward her studies in business and green environmental engineering. Her goal is to start a business involving promoting green and healthy environments. On campus she is treasurer for Extended Opportunity Program and Services (EOPS) and running for Activities Commissioner. She is in the process of starting an on-campus CERT club with Mr. Rob Bachman (Associate Dean, Student Health Services) as her advisor. Gracie has strong aspirations to make changes for healthier lives and make a positive impact on the cycle of life for everyone.

Aureliano "Nano" Becerra, 23 yrs, attends Golden West College and has earned one scholarship and is also on the list to receive another one for students entering the law enforcement field. His goal is to attend the Police Academy at GWC and attain his AA in Law Enforcement. He has completed his general education requirements. He is very involved in his church, volunteering with 3rd, 4th and 5th grade youth activities. He truly wants to serve and protect those who cannot defend themselves. He is also considering military service in the Air Force.

Jesus Israel Becerra, 20 yrs, attends Coastline Community College and is receiving scholarships towards his AA degree with an emphasis in Process Technology and a Certificate of Achievement in Process Technology/Process Technician Fundamentals. Jobs in this field are in the Refinery, Power Generation, Water, Oil and Waste Management industries. He is considering enlisting in the Marines on graduation.

"TRIANGLE OF LIFE" Sends Wrong Message Worse than Urban Legend: Dangerous Advice!

With the recent devastating earthquakes in Australia and Japan, there has been an internet revival of Doug Copp's "Triangle of Life" earthquake survival theory. To recap his views: in a major earthquake, buildings collapse and pancake, the weight falling upon the objects or furniture inside, crushing these objects and anyone underneath them. A space or void is left next to the crushed object. Copp advocates seeking out this space (the 'triangle of life') to survive an earthquake. He bases his theory on observations of damage to buildings after an earthquake in Turkey.

Copp's education, disaster experience and survival recommendations have been refuted by many authorities and agencies, including the American Red Cross, FEMA, the California Office of Emergency Services, and the Structural Engineers Assoc. of California.

Building construction standards, techniques, engineering principles and construction materials vary greatly between Turkey and the U.S. In the U.S. engineering researchers have demonstrated that very few buildings collapse or pancake during an earthquake. The greatest danger is injury from falling hazards such as bookshelves, filing cabinets, chimneys, portions of ceilings, exterior facades and window glass – not overall building collapse.

Thus the American Red Cross continues to recommend **"Drop, Cover and Hold On!"** as the simplest, most reliable and easiest method to teach people, including children. In the U.S. it works, it saves lives!

Here are some links to follow for more information, especially about the "Triangle of Life."

www.fema.gov/hazards/earthquakes/nehpr/hold.shtm

www.urbanlegends.about.com/library/bl_triangle_of_life.htm

www.oc-redcross.org/article.aspx?a=7792

Disaster Preparedness Speakers Available

It is time to schedule a Disaster Preparedness Talk 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:

1. Find a place to host an hour-long presentation given by a trained HBFD CERT Volunteer Speaker.

2. Choose a convenient date and time for your group.

3. Call the CERT Message Line (714-536-5974) or email Judy Ann Morris at jamorris189@yahoo.com (please put CERT in the subject line) with your contact information, the date, and time you have determined. Please give us at least three weeks notice and we will do our best to accommodate your group.

4. CERT will provide a flyer to distribute to your neighborhood or group.

5. 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.

SCENES FROM THE MARCH 19, 2011 DISASTER PREPAREDNESS EXPO



CERT VOLUNTEERS PERFORMING INVENTORY AND CLEANING CERT CARGO CONTAINER
April 2, 2011



JOHN WAYNE AIRPORT DRILL CERT VOLUNTEERS WITH SIMULATED INJURIES

EXAMPLE OF INJURIES (CERT Volunteers are not in HB CERT)



CERT CLERICAL TEAM HARD AT WORK PREPARING APRIL CLASS HANDOUT MATERIAL





Huntington Beach Fire Department

A Class1 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 16, 2011 7:45AM to 2:30PM 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 21, 2011 7:45AM to 2:30PM 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. **Lunch Provided**

Class 3: Light Search & Rescue/Fire Suppression

June 18, 2011 7:45AM to 2:30PM 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. **Lunch Provided**

Class 4: Disaster Living

July 16, 2011 7:45AM to 2:30PM 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**

Civic Center Address: 2000 Main Street Huntington Beach, 92648

Fire Training Center Address: 18301 Gothard Street



Neighbor Helping Neighbor

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.



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

For those who do not receive the newsletter by email, you can go to the CERT website: www.huntingtonbeachca.gov/cert. In order to receive the email alert, click on newsletters, and then click on sign up for email alert. It's as simple as that!

For those of you who do not have computer access at home, we have made arrangements for you:

- Rodgers Senior Center at 1706 Orange Avenue, HB will print out a black and white copy for you.
- There will be a few copies outside the door to the EOC to which you are welcome.
- The Central Library has computer access for the public.

IMPORTANT ANNOUNCEMENT!

CERT Website: www.huntingtonbeachca.gov/cert

CERT Message line 714-536-5974, (THIS IS A MESSAGE LINE ONLY!)