



CITY OF HUNTINGTON BEACH CERT NEWSLETTER

SINCE 1991

May 2014

HB CERT HIGHLIGHTS

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CLASS 1

Announcements

Here is a quick overview of local CERT and Emergency Services activities.

Cooking in the Park is back!

Learn how to cook in a cardboard box and the best way to extend the life of your food in a disaster. Taught by CERT and held in Central Park **June 21 at 8:30am**. Look at the enclosed flyer!

RSVP: by June 6 to Peter at

pqpworks@verizon.net

\$7 per person ages 14 and up

FREE for 13 and under

General Membership Meetings:

Thursday, May 8, 2014, 6:30pm Civic Center B8
Stay after the meeting for the Cooking in the Park planning meeting.

Thursday, June 12, 2014, 6:30pm Civic Center B8

Volunteer Opportunities:

CERT Basic Training set up and clean up volunteers needed. (see calendar of events) Sign-up using the CERT member portal.

Training Opportunities:

Map Your Neighborhood Train the Trainer coming soon. Please email erin.concas@surfcity-hb.org if interested in helping prepare your neighborhood

Thank you for serving your community!

Brevyn Mettler
Emergency Services Coordinator

Erin Concas
Assistant Emergency Services Coordinator

Calendar of Events

June

Alternative Cooking, Disaster Living Experience (in Central Park)

June 21, 2014 at 8:30 am

Learn how to plan your meals and cook outdoors in a disaster situation. Cook breakfast pizza in a cardboard box and other recipes, even vegan and diabetic recipes. See the flyer on page 9 of this newsletter.

RSVP by June 6: pqpworks@verizon.net

Cost: \$7 per person (14yr and up)
13 years and under are admitted free

May

CERT Basic Training Clean-up
Saturday, May 17, 2014 at 4:00pm- 5:30pm
Help clean-up after the CERT Basic training class

CERT Basic Training Set-up and Drill support
Saturday, May 17, 2014 at 6:30am
The CERT Basic Training Drill is from 8am-4pm.
Sign-up to help with set-up at 6:30am and stay as long as you can.

Basic Training Clean-up
Wednesday, May 14, 2014 at 9:30pm-10:30pm
Help clean-up after the CERT Basic training class

Basic Training Set-up
Wednesday, May 14, 2014 at 5:30pm-6:30pm
Help set-up before the CERT Basic training class

Cooking in the Park Planning Meeting
Thursday, May 08, 2014 following general meeting

Basic Training Clean-up
Wednesday, May 07, 2014 at 9:30pm-10:30pm
Help clean-up after the CERT Basic training class

CERT Basic Training Assistants
Wednesday, May 07, 2014 at 6:00pm-9:30pm
4-6 CERTs needed to help with First Aid and Triage training. You will be notified if you are one of the first 6 who sign-up

Basic Training Set-up
Wednesday, May 07, 2014 at 5:30pm-6:30pm
Help set-up before the CERT Basic training class

Basic Training Clean-up
Wednesday, April 30, 2014 at 9:30pm-10:30pm
Help clean-up after the CERT Basic training class

Basic Training Set-up
Wednesday, April 30, 2014 at 5:30pm-6:30pm
Help set-up before the CERT Basic training class

- See more at: <http://www.huntingtonbeachca.gov/government/departments/fire/cert/cert-members-only>.

Tsunami Awareness and Preparedness Panel—Dr. Lucy Jones, Keynote Speaker

By Phil Burtis

The Aquarium of the Pacific in Long Beach hosted a panel discussion March 24, 2014 on the tsunami threat to California. The keynote speaker and panel host was Dr. Lucy Jones of the USGS at CalTech joined by Dr. Patrick Lynett of USC, Jeff Reeb from LA County Emergency Management, and Dr. Rick Wilson of the California Geological Survey. The presentation was based on the “Open-File Report 2013–1170–M California Geological Survey Special Report 229” (see http://www.conservation.ca.gov/cgs/geologic_hazards/Tsunami/Documents/SR_229/SR_229_of2013-1170m.pdf).

The report is an extension of the “Science Application for Risk Reduction” (SAFRR) project. The purpose of this report was to look at potential tsunami sources and evaluate which ones were most likely to cause a severe tsunami along the California coast. The source chosen was a quake off Alaska in the Cascadia subduction area. A realistic scenario was determined, as opposed to a worst-case scenario, and plotted to show how a tsunami wave would propagate from there and work its way down the Washington, Oregon, then California coasts.

For those of us here in Southern California, the model shows about a four hour warning period from the time the quake generates a tsunami until it arrives here. The good news is we would have time to react and evacuate designated low-level areas. For us here in Huntington Beach, we have permanent tsunami warning signs posted to lead people away to higher ground. In most cases, higher ground is within easy walking distance. It isn't like we need everyone to hop in a car and drive to Pasadena, as most of us can walk just a block or two and be out of the danger zone.

However, from an economic viewpoint, the report estimates anywhere from 4 to 5 billion dollars in damage along the Southern California coast. Much of that loss is not pure inundation damage but rather loss of use and collateral damage in ports and harbors. You may recall that the combined Port of Los Angeles handles just under 40% of all shipping traffic in the US. Coupled with the 7500 acres of port facilities, commercial boats, and private marinas, it's easy to see that the impact to the marine industry would be huge. Further, many refineries and oil storage facilities line the coast; the loss of use would impact oil and gas flow for quite some time, resulting in additional economic loss.

Inside the model created for this study, some interesting research and modeling of water flow and eddy currents inside the harbor was completed. It shows how the water surge acts much like a push to a stack of dominoes that starts off slowly but eventually knocks down everything in its path. It shows how docks can rise vertically several feet and possibly dislodge from their support pilings, then become loose objects swirling in a maelstrom-like swirl taking out everything they contact.

Since the report is mostly focused on mitigation of large

facilities like ports and harbors, there isn't a lot related specifically to what people should do. One of the recommendations is to continue to make people aware of the threat, improve public education, and include tsunami response as part of regular earthquake scenarios such as the yearly California ShakeOut.

The link to watch is (http://www.aquariumofpacific.org/multimedia/player/sunami_awareness_and_preparedness) and is highly recommended viewing.

Tsunami Preparedness Drill March 27, 2014

By Anna Pinter, Cynthia Goebel and Virginia Petrelis

To mark the 50th anniversary of the 9.1 magnitude earthquake in Alaska, which occurred March 27, 1964, Huntington Beach CERT planned a tsunami preparedness drill which began Monday, March 24 with an ALERT OC phone call to the community in the inundation areas.

On Thursday, March 27, information booths were set up in Wieder Park. This is a designated tsunami safe zone for the Huntington Harbour community in the event residents need to evacuate their homes, businesses or schools.

The HB Fire Dept supported the drill with a paramedic unit and a fire truck. The media were represented by ABCTV, HBTv3, OC Register and HB Independent. Information booths were staffed by volunteers of CERT, American Red Cross, RSVP (Retired Senior Volunteer Program) and National Weather Service (NOAA).

At 9 am, a class of students from Harbour View School, escorted by teacher and parent volunteers, walked to Wieder Park, approx ½ mile. At the park they spoke with firemen and then walked back to the school.

At 10 am, 50-70 community members, who had gathered at Harbour View Park, walked to Wieder Park. They were led by Brevyn Mettler and Erin Concas, and escorted by CERT first aid and a radio communicator. At the park, the residents had the opportunity to gather information from the various booths and to be interviewed by media members. They had the option of walking back or riding the shuttle back to their autos.

Another part of the drill took place at the Fountain Valley Recreation Center which hosted the American Red Cross (ARC.) The ARC set up a shelter exercise simulating a scenario where clients displaced from an inundation zone in Huntington Harbour would be transported inland to Fountain Valley.

CERT, Fountain Valley Recreation Staff and American Red Cross members were actors. Each actor represented a displaced Huntington Beach coastal resident. ARC practiced registration, assessment of needs, shelter placement and many other tasks. The actors won many academy awards while we had lots of fun, made new friends and improved our preparedness skills.

Great Alaska Earthquake

By Art Weiland

My memory isn't all that great, but it does manage to go back a little more than fifty years ago to vaguely recall the newspaper articles about the Alaska earthquake on March 27, 1964. It was subsequently reported that it was a magnitude 9.2 that didn't cease for more than four minutes and was felt as far away as Texas. Fissures split the ground, land slid above and below water, dropped eight feet and rose 38 feet. Buildings cracked and folded, tsunamis swamped coastal communities causing casualties as far south as Crescent City, California and 143 people were crushed, drowned, and buried.

Seismologists, at the time, had a theory about plate tectonics, but no proof. This massive earthquake provided an immense amount of data allowing scientists to verify the theory. The geologists and seismologists were able to locate the plates involved in Prince William Sound. The Pacific plate on the south side of the North American plate lurched northward underneath the North American plate. According to the U.S. Geological Survey, they call this a mega-thrust quake, the largest temblor on Earth. These quakes occur in subduction zones where tectonic plates converge.

Since this was all under water, tsunamis were sent out across the Pacific. Underwater landslides in Alaska's fjords caused more tsunamis within minutes of the shaking.

In an effort to predict the frequency of huge quakes, scientists used core samples to determine when previous such quakes occurred in Alaska. They looked for plants that normally grew on land but were found on top of ocean sediment. This resulted in finding nine large quakes had occurred in the last 5,500 years, separated by 630 years, on average.

The Alaska Earthquake Information Center was established in 1986. One piece of data-- there are more quakes in Alaska than in California. I guess that tells you, don't move to Alaska!

Recent La Habra, California Earthquake

By Anna Pinter

On March 28, 2014 California was once again reminded of the enormous complexity of the many fault systems which run beneath our cities. All California residents should heed the warning as a wake-up call to take steps to be prepared to survive for at least a week if major damage occurs.

AlertOC is a mass notification system used by the County of Orange and participating cities. The system has the capacity to send thousands of messages within minutes via phone, e-mail and text. Go to the following website to find out how to receive warnings on major events: www.alertoc.org

Eight out of ten people in Southern California would

not be prepared to deal with a major disaster. Ready OC is a non-profit organization that advocates for better preparedness. Their website will assist you with knowledge to survive a major event: <http://www.readyoc.org>

Look for the ReadyOC flyer in this month's newsletter on page 10.

Buy six items this week and add to your supply every week. Put your supplies in a backpack, pillowcase or small suitcase. Water, food and a flashlight are good items to start your collection of life saving supplies.

Do not forget the needs of your animal companions.

My Communications Experience : Baker to Vegas Race

By Raji Shunmugavel

In 1976 I immigrated to the United States. My favorite TV show in those years was Hawaii Five-O. Steve McGarrett and his police team were using radios and that was my inspiration.

In the year 2000, one of my sons was in Huntington Beach Boy Scout Troop No. 227. When the troop studied to get their Ham Radio Tech license, I joined them and got my Ham license too. By 2004, I upgraded my license to Extra Class. I wanted to enjoy my Ham Radio hobby. When you are a CERT volunteer, Ham Radio is a communication device during emergencies and it is good to be trained and gain a generous amount of hands-on experience with your own radio.

As an amateur, my first radio was a basic Icom radio used by the Boy Scouts. After almost seven years, I started using my programmable radio and participated in activities like the Monday RACES Net, the Wednesday morning and afternoon Boeing BEARS Net and the Wednesday evening CERT Net. I also volunteered as a communicator during the CERT Save-A-Life Saturday classes, leading a group of students to various sessions, using my radio to help keep the classes on schedule and helping to direct traffic before the classes started.

RACES provided excellent training to CERT communicators. RACES would invite CERT communicators to attend their training and participate in their events. Some activities in Huntington Beach are the Surf City Marathon, the July 4th parade and the Fire Department Open House. The out of town event is the Challenge Cup B2V (Baker to Vegas) relay race.

It's known as "**120 miles of pavement, 20 stages, over 8,000 runners, guests, family members, and support staff. Hot days and cold nights. Blood. Sweat. Pride. Honor....**

That's what the world's most prestigious and unique law enforcement foot race is all about. Starting in Baker, California and ending in Las Vegas, Nevada, law enforcement officers from around the globe battle it out every spring for the chance of winning the coveted cup trophy."

My Communications Experience : Baker to Vegas Race (continued)

On my birthday in October 2013, my husband announced that we were going to Las Vegas in March after our visit to India. I was looking forward to seeing Hoover dam and the vicinity. But as soon as I heard "Las Vegas," I attended one of the RACES meetings in October and expressed my interest in attending the B2V event in March 2014. I had previously watched videos of the event.

As we traveled to India from Feb 19 thru March 9, I found out well ahead of time about the event from John Cerecedes, who was organizing the event for the year 2014. I did collect some information at the February meeting and luckily I was able to attend the March 10, meeting to get more details and an event t-shirt.

The B2V event is a relay race for police officers from around the nation which has 120 mile range. The race started at noon on Saturday, March 22 and ended on Sunday morning. My shift started at 4 pm on Saturday in Pahrump, NV, when I practiced testing the radio with fellow team members. My actual work began around 8:30 pm Saturday night and ended at the finish line around 8 am in Las Vegas on Sunday. HBRACES provided technical support for the Huntington Beach Police Department runners. My tactical call signs were "Shadow Brad" and "Shadow Thoby." We followed in the support van. If the Captain needed me to communicate any message I did it via my Radio to the "Rover 2" vehicle which was the net control vehicle. My magnetic-mount antenna was on the roof of the Huntington Beach "Team 102" van while we were moving, but when we had to get out of the van to walk, it was necessary to switch to the diamond (rubber duck) antenna.

Participating in RACES events helps me, as a CERT communicator, practice ham radio technical aspects during non-emergency times. Working in the desert also helped me learn about geography and climate extremes.

I enjoyed my birthday treat to Las Vegas by the combination of the Las Vegas experience and the B2V RACES event. As a CERT volunteer communicator, the experience was excellent.

REMEMBERING MARGIE



Margaret L. Warnitz
January 17, 1926 – April 2, 2014

Margie graduated as a CERT member in 1997. She was an active member of the shelter and cooking team. Jack, her husband, also graduated in 1997 and is still a CERT member. Margie will be missed by her family and her many friends.

TSUNAMI EVACUATION DRILL FROM HARBOUR VIEW SCHOOL and TSUNAMI EXPO AT WEIDER PARK
MARCH 27, 2014



TSUNAMI EVACUATION DRILL FROM HARBOUR VIEW SCHOOL and TSUNAMI EXPO AT WEIDER PARK
MARCH 27, 2014



RED CROSS SHELTER TRAINING APRIL 5, 2014

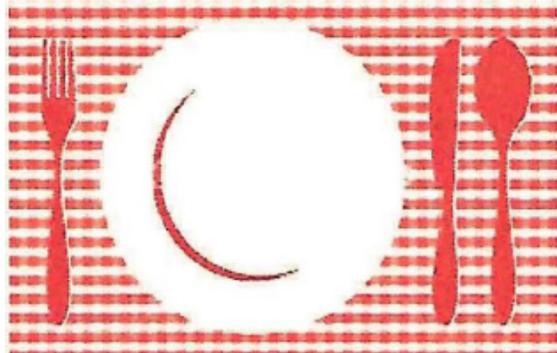


HUNTINGTON BEACH COORDINATING COUNCIL (HBCC) FIRST ANNUAL VOLUNTEER EXPO

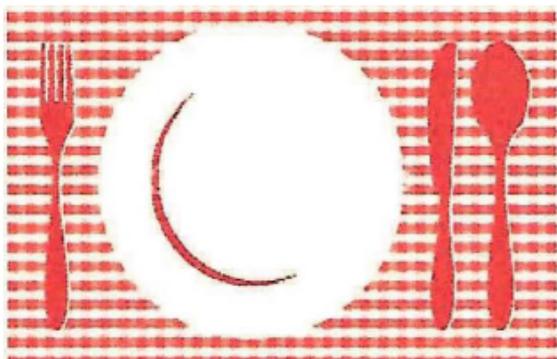


2nd Annual Alternate Cooking In Central Park June 21, 2014

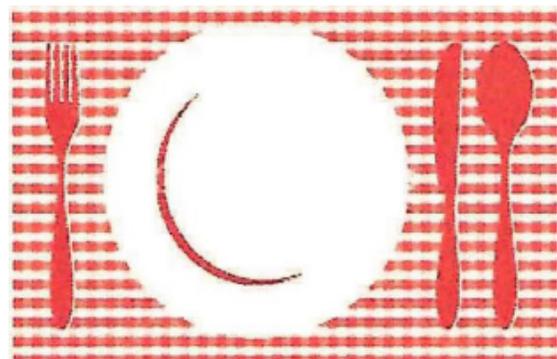
Join the CERT cooking team for lunch



You will do hands-on disaster cooking



Cook food without gas or electricity



RSVP: to Peter Petrelis at pgpworks@verizon.net
by Friday June 6, 2014 (earlier so can determine
purchases). Please indicate how many persons will
be attending and any that are age 13 or younger.

**COST \$7.00 a person when you arrive
Children 13 yr and under free**

**DISASTER LIVING EXPERIENCE
In a disaster, the sequence of
food consumption should follow:**

1. Out of refrigerator (since food will lose temperature and spoil first)
2. Out of freezer (freezer will hold temperature for awhile if not opened)
3. Out of cans or boxes
4. Dehydrated foods

**In general, our recipes will cover
each of the above categories**

EVENT SCHEDULE

8:30 am arrive, pay and register at
Talbert Meadow in HB Central Park

You will select one of the six teams for a
hand-on experience cooking without gas
and electricity

9:00 am you will cook breakfast pizza in
a cardboard box oven

Finish breakfast and cook lunch with
Dutch ovens, box ovens, butane and
solar oven

Enjoy baking fresh bread, sampling
many different main meal recipes from
the 4 above categories plus vegan recipes,
cake, cobbler, homemade ice cream
diabetic cookies and solar baked cookies

Focus | EMERGENCY PREPAREDNESS

Nearly eight in 10 people in Southern California are not prepared to deal with a major disaster, says ReadyOC, a nonprofit organization that advocates for better emergency preparedness. Here's how to assemble a kit of what you might need in case of an earthquake, fire, mudslide or flood.

PREPARE



FOOD

The Federal Emergency Management Agency suggests the following:

- 1 Store at least a three-day supply of food that won't spoil.
- 2 Choose only foods that your family will eat.
- 3 Remember any special needs your family may have. You don't want to give a diabetic foods with sugar or high in carbohydrates, for example.
- 4 Avoid foods that might make you thirsty. Water may be at a premium.

SELF-HEATING SINGLE SERVING
Here's a great idea. Bonus: It looks yummy.



- Ready-to-eat canned meats, fruits, vegetables
- Protein or fruit bars
- Dry, whole-grain cereal or granola
- Peanut butter
- Dried fruit
- Nuts (preferably salt-free)
- Crackers (ditto)
- Canned juices
- Non-perishable pasteurized milk
- High-energy foods
- Canned foods with high liquid content
- Vitamins
- Food for infants
- Comfort foods

BEYOND THE BASIC LIST

In addition to the basic home emergency kit above, you might consider pulling together a larger, more comprehensive stash.

- For your children
 - Infant formula and diapers
 - Books, games or puzzles. But nothing electronic.
- For your pets
 - Pet food and extra water
 - A spare leash or collar
- For everyone
 - Prescription medications
 - Copies of documents such as identification, passports, insurance policies, bank account information.
 - Cash or traveler's checks, including pocket change.
 - A complete change of clothes.
 - Matches, sealed in a sandwich or freezer bag.
 - Fire extinguisher
 - Paper plates, cups, utensils and napkins.



Huntington Beach Fire Department

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

www.Huntingtonbeachca.gov/cert

**FOR MORE INFORMATION
CALL**

714-374-1565



The CERT Basic Series consists of several modules that will help you prepare for a culminating drill at the end of the course. The modules include the following.

Disaster & Terrorism Preparedness

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.

Disaster First Aid (Medical Ops I & II)

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.

Light Search & Rescue/Fire Suppression

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.

The Fire Department will be conducting this class series in a different format than previous classes. This is being done to try and improve the quality of the training. You will receive class locations after you register. Class size is limited to 40 students.

Class dates are as follows:

- Wednesday, April 23 - 6:30PM to 9:30PM
- Wednesday, April 30 - 6:30PM to 9:30PM
- Wednesday, May 07 - 6:30PM to 9:30PM
- Wednesday, May 14 - 6:30PM to 9:30PM
- Saturday, May 17 - 8:00AM to 4:00PM



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.

Upcoming Events

SEE PAGE 1

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, May 10 - 10 AM to 1 PM
- Wednesday, May 21 - 6 PM to 9 PM
- Saturday, June 14 - 10 AM to 1 PM
- Wednesday, June 25 - 6 PM to 9 PM
- Saturday, July 12 - 10 AM to 1 PM
- Wednesday, July 23 - 6 PM to 9 PM

To enroll in CPR classes, call 800-400-4277 or 714-556-4277. Class location is in the HB area

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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!)