

CERT NEWSLETTER

SINCE 1991

November-December 2012



President's Message

By Peter Petrelis

This is a combined November-December 2012 issue of the CERT newsletter. I wish you all a safe and happy holiday season. I thank all the CERT volunteers and teams who worked hard this year teaching and supporting the "Save-a-Life-Saturday" (SALS) classes, 4th of July parade, US Open, Senior Saturday, the September Disaster Expo, Fire Department Open House, numerous drills, sandbagging, packet distribution, and responding to several CERT callouts. Thank you to the Booth Team and Neighborhood Speakers Bureau for their efforts in educating the public. The Booth team was very busy in October, with booths at Boeing, Harbor View School, and COSTCO.

In October, Radio Amateur Civil Emergency Services (RACES) officers instructed and prepared interested CERT students to take the Federal Communication Commission (FCC) technician level FCC ham radio license test. Congratulations and welcome to the new hams who passed the FCC test. Thank you Dr. Steve Graboff, RACES Chief Radio Officer, and Jim Hansen, RACES Training Officer, for excellent instruction. This class is offered once a year in the fall.

A Fire Department Open House was held October 13th at the Gothard Street Fire Training Center. CERT participated by providing literature and displaying "Grab-and-Go" bags. CERT members were available to answer residents' questions. The Huntington Beach Fire Department demonstrated accident rescue by cutting up a car to rescue a driver victim and fire fighting by extinguishing a demo fire.

A notice for Sandbag training Saturday, October 27th has been e-mailed to the CERT list. If you have questions, please email me at ppgworks@verizon.net.

Flu shots will be available at the Huntington Beach Hospital, see press release below:

"Huntington Beach Hospital will be holding a community-based drive through Flu Clinic on Saturday November 3rd 8 am to Noon. Enter using the Beach Blvd entrance at 17772 Beach Blvd. Look for the signs. The vaccine will be provided by the County of Orange Health Care Agency.

It is provided by the State for those Orange

County residents who are without other resources for flu immunization (no health insurance; no Medicare Part B; low income.)

It will be free of charge and open to those persons 18 years and older.

****If there are vaccine supply issues, vaccine will be prioritized for persons ages 60 and older first and then other groups designated as high-risk by the Orange County Health Care Agency.**

Flu shots will be provided by hospital employees and nursing students who volunteer their time for this event. Additional volunteers are Circle of Friends members, Silver Anchor Auxiliary and Huntington Beach CERT whose members assist us in providing an organized and safe flu drive for the community."

CERT volunteers will support the Flu Clinic by providing traffic control within the hospital grounds. This is a good opportunity to get your flu shot.

Current 2012 Requirements for CERT Member Certifications:

Certificate of CERT class completion -- Basic three SALS classes

Fire Department Volunteer -- Certificate of CERT class completion, HB Police Department Live Scan (\$35 cost to you), complete ICS 100 and ICS 200 on-line and a first aid class

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

We are reviewing and processing applications for CERT Fire Department Volunteers and will announce new CERT members in the next issue.

Volunteer Hours

By Virginia Petrelis

After reviewing my records of all the activities CERT members have participated in during this year, total recorded volunteer hours should be much greater. If you have not turned in your hours, please do so by emailing me at vapworks@yahoo.com by Dec. 31, 2012.



HB CERT HIGHLIGHTS

INSIDE THIS ISSUE

President's Message
Page 1

Volunteer Hours
Page 1

CERT Booth Team
Page 2

Photos from HB Fire
Department Open House
Page 3

Holiday Preparation
Safety
Page 4

Turkey Fryers
Page 4

Holiday Decoration
Safety Tips
Page 4-5

In Loving Memory, Kay
Pugsley
Page 5

Poem; The Night Before
Christmas
Page 6

Poem: Twelve Days of
Christmas
Page 6

Grab 'n Go Bags
Pages 7-8

Mission Statement,
CPR Classes,
Upcoming Events,
Newsletter Staff
Disaster Preparedness
Speakers Available
Page 7



CLASS 1

CERT Booth Team
By Cynthia Goebel

The CERT Booth team meets as requested by community and City organizations and also to support CERT activities:

- Monthly at the Farmer’s Market at the HB Pier or at the HB Costco
- Senior Saturday at the HB Pier
- CERT Disaster Preparedness Expo at the Central Library
- HB Fire Dept Open House
- Boeing Fire Prevention Day
- Golden West College Health Fair
- Harbor View School Olympics/ShakeOut

Booth volunteers distribute emergency preparedness literature to the public, answer questions about what CERT is and what we do, encourage community residents to sign up for the “Save A Life Saturday” classes and become CERT-ified.

For the Harbor View School activity, we had the students (K-5) demonstrate their “drop, cover and hold-on” skills using our table as their cover. We provided movement, shaking the table over their heads vigorously. Some students enjoyed this so much that they asked to do it again!

**BOOTH PHOTOS FROM THE SEPTEMBER 8,
2012 SENIOR SATURDAY**



**BOOTH PHOTOS FROM HARBOR VIEW
SCHOOL**



PHOTOS FROM THE OCTOBER 13, 2012 FIRE DEPARTMENT OPEN HOUSE



Holiday Preparation Safety

We hope all of you will have a wonderful and safe holiday season. Please think about possible safety hazards as you decorate your home and prepare meals for your loved ones. For your information, we've included articles on turkey fryer and Christmas decoration safety.

Turkey fryers

With Thanksgiving coming up this month, the following product safety tips on turkey fryers are from the Underwriters Laboratories (UL):

UL considers turkey fryers to be dangerous to use presenting numerous safety hazards to consumers. "We're worried by the increasing reports of fires related with turkey fryer use," says John Drengenberg, consumer affairs manager of UL. "Based on our test findings, the fryers used to produce those great-tasting birds are not worth the risks. And, as a result of these tests, UL has decided not to certify any turkey fryers with our trusted UL Mark."

Turkey fryer hazards

- Many units easily tip over, spilling the hot oil from the cooking pot.
- If the cooking pot is overfilled with oil, the oil may spill out of the unit when the turkey is placed into the cooking pot. Oil may hit the burner or flames, causing a fire to engulf the entire unit.
- Partially frozen turkeys placed into the fryer can cause a spillover effect. This too may result in an extensive fire.
- With no thermostat controls, the units also have the potential to overheat the oil to the point of combustion.
- The lid and handles on the sides of the cooking pot get dangerously hot, posing severe burn hazards.

Important safety information

If you absolutely must use a turkey fryer, please use the following tips.

- Turkey fryers should always be used outdoors a safe distance from buildings and any other flammable materials.
- Never use turkey fryers in a garage or on a wooden deck.
- Make sure the fryers are used on a flat surface to reduce accidental tipping.
- Never leave the fryer unattended. Most units do not have thermostat controls. If you do not watch the fryer carefully, the oil will continue to heat until it catches fire.
- Never let children or pets near the fryer even if it is not in use. The oil inside the cooking pot can remain dangerously hot hours after use.
- To avoid oil spillover, do not overfill the fryer.
- Use well-insulated potholders or oven mitts when touching pot or lid handles. If possible, wear safety goggles to protect your eyes from oil splatter.

- Make sure the turkey is completely thawed and be careful with marinades. Oil and water do not mix, and water causes oil to spill over causing a fire or even an explosion hazard.

The National Turkey Federation (NTF) recommends thawing the turkey in the refrigerator approximately 24 hours for every five pounds in weight.

Keep an all-purpose fire extinguisher nearby. Never use water to extinguish a grease fire. If the fire is manageable, use your all-purpose fire extinguisher. If the fire increases, immediately call the fire department for help.

Holiday Decoration Safety Tips from US Consumer Product Safety Commission (CPSC)

Trees, lights, and fireplaces a festive mix for disaster

Before crawling up on the roof to string the Christmas lights, you need to know that every year, hospital emergency rooms treat about 12,500 people for injuries, such as falls, cuts and shocks, related to holiday lights, decorations and Christmas trees, according to the U.S. Consumer Product Safety Commission (CPSC).

In addition, warns CPSC, candles start about 11,600 fires each year, resulting in 150 deaths, 1,200 injuries and \$173 million in property loss. Christmas trees are involved in about 300 fires annually, resulting in 10 deaths, 30 injuries and an average of more than \$10 million in property loss and damage.

Sometimes people are having such a nice time during the holidays that they forget to extinguish candles," said CPSC Chairman Hal Stratton. "Always put out lit candles before leaving a room or going to bed. Always keep burning candles within sight. Also, make sure your holiday lights bear the mark of a recognized testing lab to show they meet safety standards."

Since CPSC started monitoring holiday lights and decorations sold at stores nationwide, inspectors have prevented the import of 116,500 units of holiday lights that did not meet safety standards.

CPSC tips to make your holiday a safe one:

Trees:

When purchasing an artificial tree, look for the label "Fire Resistant." Although this label does not mean the tree won't catch fire, it does indicate the tree will resist burning and should extinguish quickly.

When purchasing a live tree, check for freshness. A fresh tree is green, needles are hard to pull from branches and do not break when bent between your fingers. The trunk butt of a fresh tree is sticky with resin, and when tapped on the ground, the tree should not lose many needles.

When setting up a tree at home, place it away from fireplaces and radiators. Because heated rooms dry live trees out rapidly, be sure to keep the stand filled with water. Place the tree out of the way of traffic and do not block doorways.

Lights:

Indoors or outside, use only lights that have been tested for safety by a recognized testing laboratory, which indicates conformance with safety standards.

Use only lights that have fused plugs.

Check each set of lights, new or old, for broken or cracked sockets, frayed or bare wires, or loose connections, and throw out damaged sets. Always replace burned-out bulbs promptly with the same wattage bulbs.

Use no more than three standard-size sets of lights per single extension cord. Make sure the extension cord is rated for the intended use.

Never use electric lights on a metallic tree. The tree can become charged with electricity from faulty lights, and a person touching a branch could be electrocuted.

Before using lights outdoors, check labels to be sure they have been certified for outdoor use.

Stay away from power or feeder lines leading from utility poles into older homes.

Fasten outdoor lights securely to trees, house walls, or other firm supports to protect the lights from wind damage. Use only insulated staples to hold strings in place, not nails or tacks. Or, run strings of lights through hooks (available at hardware stores).

Turn off all holiday lights when you go to bed or leave the house. The lights could short out and start a fire.

Use caution when removing outdoor holiday lights. Never pull or tug on lights - they could unravel and inadvertently wrap around power lines.

Outdoor electric lights and decorations should be plugged into circuits protected by ground fault circuit interrupters (GFCIs). Portable outdoor GFCIs can be purchased where electrical supplies are sold. GFCIs can be installed permanently to household circuits by a qualified electrician.

Decorations:

Use only non-combustible or flame-resistant materials to trim a tree. Choose tinsel or artificial icicles of plastic or nonleaded metals. Leaded materials are hazardous if ingested by children.

Never use lighted candles on a tree or near other

evergreens. Always use non-flammable holders, and place candles where they will not be knocked down.

In homes with small children, take special care to avoid decorations that are sharp or breakable, keep trimmings with small removable parts out of the reach of children to avoid the child swallowing or inhaling small pieces, and avoid trimmings that resemble candy or food that may tempt a child to eat them.

Wear gloves to avoid eye and skin irritation while decorating with spun glass "angel hair."

Follow container directions carefully to avoid lung irritation while decorating with artificial snow sprays.

Fireplaces:

Use care with "fire salts," which produce colored flames when thrown on wood fires. They contain heavy metals that can cause intense gastrointestinal irritation and vomiting if eaten. Keep them away from children.

Do not burn wrapping papers in the fireplace. A flash fire may result as wrappings ignite suddenly and burn intensely.

[Source: [U.S. Consumer Product Safety Commission](#)]

In Loving Memory



**Kathryn "Kay" Pugsley,
1918 – 2012**

Kay became an active member of CERT in 1995. She was a member of a Community Preparedness Committee in her neighborhood of Villa Pacific. All members of the committee attended "Save a Life Saturday" classes and invited CERT guest speakers to teach their community.

She organized paper drives and other events to raise funds in order to stock two sheds with community disaster supplies. Her activities in CERT were many.

Friends will miss her enthusiasm for living life to its fullest—her love of family, friends, church, Hawaii, cruises, Rummykub, Mexican Train Dominos and the Red Hat Society.

The Night Before Christmas

By Anna Pinter

It was the night before Christmas and all through the house
Everyone was sleeping except for a very busy mouse
He was awakening the house creatures and saying I care
Don't you hear all the noises in the Christmas Eve air

The creatures large and small jumped from their beds
They heard rumblings and cracking noises in their head
Grandma mouse in her kerchief and Grandpa in his cap
With fear in their eyes said get up from your long winter nap

That noise you hear I have heard before that clatter
We do not have to think to know what is the matter
An earthquake is coming soon there will be a great crash
Up jumped Grandma and yelled orders to all in a flash

To the kitchen grab cheese crackers and hurry to and fro
Collect morsels no matter how small from the cellar below
Grandma's eyes grew wide when what should appear
But a miniature sleigh and eight tiny reindeer

With a little old driver so lively and quick
Grandma Mouse knew in a moment it must be St. Nick
Grandma knew these reindeer and spoke to them by name
She spoke of the noises and how an earthquake once came

What will we do Dasher Dancer Prancer and Vixen
Comet Cupid Donner and Blitzen
Our humans do not hear the rumblings at all
And Santa has no idea what dangers will soon befall

The mice the crow the dogs and the cat talk on the roof
When someone inside hears the prancing of each little hoof
A little boy shakes his sleepy head and turning around
Saw St. Nicholas come down the chimney with a bound

Dressed in fur from his head to his foot
His clothes were all tarnished with ashes and soot
St. Nicholas had company a little helper elf
Who helped shove the heavy bag full of stuff

They filled all the stockings with candy and toys
Brightly wrapped packages for all little girls and boys
The little boy watched in wonder and awe
Not quite believing the marvelous sight he saw

This is where St. Nicholas finishes with his work
He has filled all the stockings and turned with a jerk
And laying his finger aside of his nose
And giving a nod up the chimney he rose

Surprise, this is not what happened on this Christmas Eve!

St. Nick said everyone thinks I don't know
But the surprise is a little elf told me so
He is such a smart fellow in writing to CERT
Asking for info on being prepared and staying alert

The elf and St. Nick started emptying the bag
Grab and Go bags for each mom and dad
Every child was given a bag this December
All humans and animals always remember

St. Nick and the elf smiled and said
I cannot wait to be home in bed
Our December work is almost done
Our January CERT meeting will be such fun

Laying a finger beside their nose
And giving a nod up the chimney they rose
So over the house tops the couriers they flew
With a sleigh full of toys and disaster supplies too

The animals may have a second sense
They may hear rumbles of near time events
All true Santas seem to know one day adversity may arrive
Being prepared helps you and your families feel safe and survive

Twelve Days of Christmas

By Judy Ann Morris

On the twelfth day of Christmas, my true love gave to me
12 meals for eating and a bag to put them in
On the 11th day of Christmas, my true love gave to me
11 packs of water and a bag to put them in
On the 10th day of Christmas, my true love gave to me
10 – one dollar bills and a bag to put them in
On the 9th day of Christmas my true love gave to me
9 additional dollars and a bag to put them in
On the 8th day of Christmas my true love gave to me
8 extra batteries and a bag to put them in
On the 7th day of Christmas my true love gave to me
7 glow sticks and a bag to put them
On the 6th day of Christmas my true love gave to me
6 pressure bandages and a bag to put them in
On the 5th day of Christmas my true love gave to me
5 sets of sterile gloves and a bag to put them in
On the 4th day of Christmas, my true love gave to me
4 person first aid kit and a bag to put them in
On the 3rd day of Christmas, my true love gave to me
3 changes of underwear and a bag to put them in
On the 2nd day of Christmas my true love gave to me
2 changes of clothing and a bag to put them in
On the 1st day of Christmas, my true love gave to me
1 battery/solar crank radio and a bag to put it in.

Now you're prepared for a safe and Merry Christmas! See grab 'n Go Bag lists on pages 7 & 8.

Grab 'n Go Bags

Have a *Grab 'n Go Bag* for each person in the house. Keep it by your bed. If you need to evacuate, grab your bag and go.



Adult Bag

- Flashlight, batteries, and light sticks
- Portable radio and batteries
- Keys (house and car)
- Money (coins and bills)
- Glasses, contacts lenses and solutions
- Medications (at least one-week supply)
- Comfortable shoes, two pairs of socks
- Comfortable clothing (sweats, extra underwear)
- Jacket or sweatshirt
- Whistle (call for help if trapped)
- Pocket knife
- Paper and pencil
- "Okay" and "Help" signs (provided by CERT)
- Emergency phone list, out-of-state contact #
- Lists of people to notify if you are injured
- Copies of important documents: insurance, identification, social security, etc.
- Small first aid kit
- Toilet articles: comb, toothbrush, toothpaste, soap, washcloth, face towel, shampoo, lotion, razor, lip balm, emery board, nail clipper, sanitary products, tissue, sunscreen, etc.
- Toilet paper
- Zip-lock bags, plastic grocery bags
- Good book, playing cards, crossword puzzles
- Work gloves, several pairs of latex gloves
- Blanket
- Plastic ground cloth
- Dust mask
- Crow bar (may need to remove debris)
- Drinking water – store in a separate place (minimum one gallon per person)
- Food
- Snacks (granola bars, trail mix, peanut butter)



Seniors or Disabled Bag

These items are in addition to the Adult Grab 'n Go Bag.

- Food for special diet needs
- Batteries for hearing aids, wheelchair, etc.
- List of style and serial # of medical devices
- Special supplies: oxygen, catheters, etc.
- Prescriptions for eyeglasses (not older than one year)
- Personal sanitary items (Depends, disposable bags, ties, wipes)
- For guide dogs see Pet Grab 'n Go Bag.



Infant and Toddler Bags

These items are in addition to the Adult Grab 'n Go Bag.

- Formula, disposable bottles, nipples
- Diapers and wipes
- Instant baby cereal
- Bowl and spoon
- Sunscreen
- At least two changes of clothes
- Light jacket
- Thermometer
- Medicine dropper
- Pedialite, electrolyte replacement solution
- Tylenol, Triaminic and other medications
- Firm soled slippers or shoes
- Toys, books, stuffed animals
- Authorization to Consent to Treatment of Minor Form, completed

Pet Grab 'n Go Bag

Keep your Pet Grab 'n Go Bag in an easily accessible location near your own emergency supplies.



- Food, water – 3-day supply for each pet
 - Bowls - non-spillable
 - Collar and leash -for dogs and cats
 - Muzzle
 - Poop scooper, bags
 - Treats, toy
 - Blanket, towel, or newspaper for warmth
 - ID tag should always be on pet
 - Extra name tag
 - License number
 - Pet carrier or crate for each pet labeled with pet and owner's information (keep near your bag).
 - Name, address and phone number of veterinarian, animal control agency and shelters.
 - People to contact to take care of the animal
 - Vaccination and medical records. Keep inoculations current. In an emergency, pets may come in contact with diseased animals.
 - Allergy or other special instructions
- Pet First Aid Kit**
- Scissors
 - Gauze pads
 - Wipes
 - Instant cold pack
 - Adhesive tape
 - Tweezers
 - Soap
 - Antiseptic cream
 - Eye drops

Car Emergency Kit

- Water
- Food (canned, dehydrated, snacks)
- Sweater or jacket, extra clothing
- Comfortable walking shoes
- Money (coins and bills)
- Flashlight (extra batteries)
- Blanket
- First Aid Kit (bandages, gauze, etc.)
- Pocket knife
- Matches (waterproof)
- Flares
- Fire extinguisher
- Work gloves
- Jumper cables
- Pencil and paper
- Tools (screwdriver, pliers, wire, crowbar, rope, etc.)
- Emergency phone numbers, including your contact person
- Maps of your most often traveled routes
- Personal items – eyeglasses, toothbrush and toothpaste, soap, tissues, hand wipes, toilet tissue, etc.
- Special needs – medication, diapers, infant formula, etc.
- Favorite book, crossword puzzles or games



Neighbors-Helping-Neighbors

MISSION STATEMENT: The mission of the Community Emergency Response Team (CERT) Program is to provide information and training on disaster preparedness; provide leadership and coordination during an emergency, and assistance to help victims recover from an emergency.

CPR Classes

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

- Saturday, November 10th - 10 AM to 1 PM
- Wednesday, November 28th - 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 and exact location given at time of enrollment.

Upcoming Events

- October 27, 2012, Sandbag training, e-mail notice sent
- November 1, 2012 CERT Management meeting 6:00pm in the EOC
- November 3, 2012 Huntington Beach Hospital Flu Drive
- December 6, 2012 CERT Management meeting 6:00pm in the EOC
- January 3, 2013 CERT Management meeting 6:00pm in the EOC

CERT Database

Fire Department Volunteers (CERT members) have the opportunity to be added to the new CERT database by contacting Peter Petrelis at pgpworks@verizon.net to update their information.

HB CERT Newsletter Staff

Proof Reading / Editing Team:

Anna Pinter	Judy Ann Morris	Peter Petrelis	Virginia Petrelis
Art Weiland	Carol Nehls	Cynthia Goebel	

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

Disaster Preparedness Speakers Available

It is time to schedule a Disaster Preparedness Presentation for your neighborhood, business, school, civic organization or church. This is a perfect way to introduce our "Save-A-Life" Saturday Classes to the residents of Huntington

Five Simple Steps:

- Find a place to host an hour-long presentation given by a trained HBFD CERT Volunteer Speaker.
- Choose a convenient date and time for your group.
- Call the CERT Message Line (714-536-5974) or log on the CERT website at www.huntingtonbeachca.gov/cert (click on left column "schedule disaster presentation"). Please give us at least three weeks notice and we will do our best to accommodate your group.
- CERT will provide a flyer to distribute to your neighborhood or group.
- Host to provide simple refreshments to be enjoyed at the end of the meeting. Our CERT Speaker will provide all printed material and even bring a door prize for your guests.

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!)