

CERT NEWSLETTER

SINCE 1991

October 2013



HB CERT

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President's Message

By Peter Petrelis

September was another busy month for CERT members. Booth and Logistics Teams supported Senior Saturday on the pier September 7.

This was followed by an interesting CERT General Meeting on September 12 with guest speakers from the National Weather Service. Kevin Miller, Research Program Specialist on the Earthquake & Tsunami program from San Francisco gave an interesting power point presentation on tsunamis—how they are formed and pictures and videos showing tsunami damage. He mentioned several informative websites to help you prepare: www.myhazards.ca.gov and www.tsunami.ca.gov and an event portal (for information after an earthquake and/or tsunami) at: www.tsunami.gov

The second speaker was Alex Tardy, Warning Coordination Meteorologist and SkyWarn & Spotter Manager from the San Diego Office. Alex spoke on weather patterns, storms, winds and the role of weather spotters. We were given applications to become weather spotters. Jimmy Taeger, Forecaster National Weather Service Forecaster helped answer questions.

You can check our weather on Facebook by looking for National Weather Service, San Diego, CA (Orange County is covered by the San Diego office) or at www.nws.noaa.gov/climate/index.php?wfo=sgx.

You can read the interesting Coast to Cactus Weather Examiner (newsletter) at: <http://www.wrh.noaa.gov/sgx/newsletter/current-newsletter.pdf>.

The fourth annual Disaster Preparedness EXPO was held September 21 at the Huntington Beach Central Library. Attendance was down due to library entrance construction, but it was estimated that over 500 attended the event. Many CERT members turned out to provide logistic support and to staff the booths. (See following pages for photos.)

Upcoming Events:

Wilderness and Remote First Aid Training on October 6 and October 12. (See attached flyer.)

Plan on attending the October 10 general meeting at 6:30pm in B8 at the HB Civic center. Billie Brandon, a CERT member since 1992, will present **Safe Food Preparation During a Disaster**. Billie has been a long time volunteer with Boy Scouts, American Red Cross, CERT Management Team, First Aid Team and Shelter Team. She teaches cooking classes, has owned a catering business, and is the current CERT Cooking Team Leader.

The Fire Department Open House will be held at the Fire Training Center on Gothard on October 12. Contact Booth Team Leader Roy Alzua at roy_alzua@yahoo.com if you are interested in staffing the event. All Huntington Beach residents and families are most welcome for a fun filled day.

The Autumn Health Fair Flu Clinic will be held Tuesday, October 22 at the Michael E. Rodgers Seniors Center, 8:30 am to noon. (See attached flyer for more information.)

Huntington Beach Hospital will again host its annual drive-through Flu Clinic on Saturday November 2, 2013. CERT members and CERT communication ham radio team will again provide traffic control and assist in setting up barricades and stations for the event. Volunteers arrive from 6am to 7am when we will have the assignment meeting. The drive will run from 8am to noon and tear down will be complete by 12:30pm.

The Advanced Training/Refresher Course will be held November 9 at the Fire Training Center on Gothard. More information and request for volunteers will be e-mailed to members next month. Sign-up will be by RSVP so CERT can get a count and allocate class resources.

US Geological Survey's New Tsunami Scenario

By Cynthia Gobel

The US Geological Survey (USGS) with its partners has created a tsunami scenario of a large hypothetical but plausible tsunami. The Science Application for Risk Reduction (SAFRR) project is modeled on a moment magnitude 9.1 earthquake occurring offshore of the Alaska



CLASS 1

US Geological Survey's new Tsunami Scenario (continued)

Peninsula and its impact on the California coast. The scenario is intended to serve as a long-lasting resource to teach preparedness, inform those who are responsible for making mitigation decisions and those who will need to inform those who are responsible for making mitigation decisions and those who will need to make rapid decisions during such an event.

The simulation is based on the 9.1 earthquake occurring at 11:57 a.m. PDT, on a Thursday, with tsunami waves arriving in the Huntington Beach area approximately 5 hours later. Tsunami warnings and wave arrivals would occur during a workday afternoon. Residents would be in their homes, at businesses, schools, parks and beaches.

Evacuation would likely be ordered for the State of California's previously designated maximum mapped tsunami inundation zone. Here in Huntington Beach, areas affected would be Sunset Beach, Huntington Harbour, homes just inland from the Bolsa Chica Wetlands, the first few blocks in from Pacific Coast Highway thru the downtown area and the southeastern area from Beach Blvd. east to the Santa Ana River and north to Indianapolis Ave.

For our city, the maximum onshore runup at the beach is predicted to be 13 feet. We are at sea level and have no natural barriers (coastal cliffs) to protect us. In addition to the beach areas, tsunami waves of this magnitude would bore (travel) up the Santa Ana River, the Bolsa Chica, Wintersburg and Talbert channels into the city.

Tsunami evacuation route signs are posted in several areas of our city to guide us to higher ground. Each of the three islands of Huntington Harbour has only a single two lane bridge connecting it to the mainland.

Evacuation challenges exist for those of our population who are patients in hospitals and nursing homes and our children who are in school or daycare facilities.

Remember we would have approximately five hours warning for a tsunami event, unlike an earthquake for which the first warning is often the shaking of the earth beneath us.

For the full SAFRR report, go to:
<http://pubs.usgs.gov/of/2013/1170/>

Additional information:
www.tsunami.ca.gov
www.myhazards.ca.gov

Halloween Safety Tips

Center for Disease Control and Prevention (CDC)

For many people, autumn events like Halloween and Harvest Day are fun times to dress up in costumes, go trick-or-treating, attend parties, and eat yummy treats. These events are also opportunities to provide nutritious snacks, get physical activity, and focus on safety. Check out these tips to help make the festivities fun and safe for trick-or-treaters and party guests.

Going trick-or-treating?

S

Swords, knives, and similar costume accessories should be short, soft, and flexible.

A

Avoid trick-or-treating alone. Walk in groups or with a trusted adult.

F

Fasten reflective tape to costumes and bags to help drivers see you.

E

Examine all treats for choking hazards and tampering before eating them. Limit the amount of treats you eat.

H

Hold a flashlight while trick-or-treating to help you see and others see you. Always WALK and don't run from house to house.

A

Always [test make-up](#) in a small area first. Remove it before bedtime to prevent possible skin and eye irritation.

L

Look both ways before crossing the street. Use established crosswalks wherever possible.

L

Lower your risk for serious eye injury by not wearing [decorative contact lenses](#).

O

Only walk on sidewalks whenever possible, or on the far edge of the road facing traffic to stay safe.

W

Wear well-fitting masks, costumes, and shoes to avoid blocked vision, trips, and falls.

E

Eat only factory-wrapped treats. Avoid eating homemade treats made by strangers.

E

Only visit well-lit houses. Don't stop at dark houses. Do not enter houses for treats. Never accept rides from strangers.

N

Never walk near lit candles or luminaries. Be sure to wear flame-resistant costumes.

The Great Shakeout Drill 2013
By Anna Pinter

You will be more likely to react quickly when shaking begins if you have actually practiced how to protect yourself on a regular basis. A great time to practice *Drop, Cover, and Hold On* is by participating in the *Great Shakeout Drill* of 2013.



Drop, Cover, and Hold On!

On October 17, 2013 at 10:17 am millions of people worldwide will practice how to drop, cover, and hold on during the Great Shakeout Earthquake Drill. The Great Shakeout Earthquake Drills started in California in 2008.

When an earthquake happens your chances of survival are better if you have practiced how to protect yourself where you live, travel or work. When you take part in the October 17th Drop Cover and Hold Drill, also encourage your family, neighbors and community to participate. Preparedness and practice are the keys to survival and recovery after a big earthquake. You can hold your drill any time within two weeks from October 17, 2013.

The following safety tips are listed on a website:
<http://www.shakeout.org/california/dropcoverholdon>

The main point is to not try to move but to **immediately** protect yourself as best as possible where you are. Earthquakes occur without any warning and may be so violent that you cannot run or crawl; you therefore will most likely be knocked to the ground where you happen to be. You will never know if the initial jolt will turn out to be start of the big one. You should Drop, Cover, and Hold On immediately!

Grandparent's Day at Huntington Landmark
By Marny Lynde

In recognition of National Grandparent's Day, September 8, 2013, grandparents at Huntington Landmark in Huntington Beach spent a fun-filled day with their grandchildren, playing tennis and other games, swimming at the main pool, and learning about disaster preparedness (through CERT-certified Marny Lynde, representing the Landmark Disaster Preparedness Committee),

The youth took part in a "Drop-Cover-and-Hold" drill, and learned the importance of having a Grab-and-Go Bag ready not only for themselves and grandparents,

but also their pets, in case an emergency happens. The program was organized and coordinated by Cheryl Derrick.

The grandchildren all received CERTificates of Achievement, including pictured: Sky & Ty Sutton, and Blake & Hannah Demoff.



The Flu Season is Here!
By Virginia Petrelis

According to the Center for Disease Control (CDC) the flu commonly peaks in January and February in the US, but seasonal flu activity can begin as early as October and continue through May. The CDC recommends the flu vaccine for everyone as young as six months of age as the first and most important measure of protection. Getting the vaccine as soon as it becomes available is a good idea and it will protect you throughout the flu season. For important information about the flu, go to: <http://www.cdc.gov/flu/about/season/flu-season-2013-2014.htm>

In addition to health clinics, doctors' offices, etc. most of our local drug stores now have flu shots available. **Free shots** are available at the Rodgers Seniors Center on October 22, 2013 from 8:30 am to noon (see attached flyer.) **Free shots** for all ages will be available at the Huntington Beach Drive-Through Flu Clinic on Saturday, November 2, from 8 am until noon. (You don't even have to get out of your car for this one!)

In addition to normal preventive measures such as staying away from sick people and washing your hands, getting vaccinated provides the best protection throughout the flu season.

Wilderness and Remote First Aid

Site Location: Huntington Beach Central Park

18100 Golden West St

Off Slater Ave (see map)

Dates: Sunday 10/6, 8:30 am – 5:30 pm

Saturday 10/12, 8:30 am – 5:30 pm

Prerequisite: Must have 1stAid/CPR or CERT Med Ops 1&2/CPR

Must attend both sessions, participate in activities, and pass written exam to receive certificate

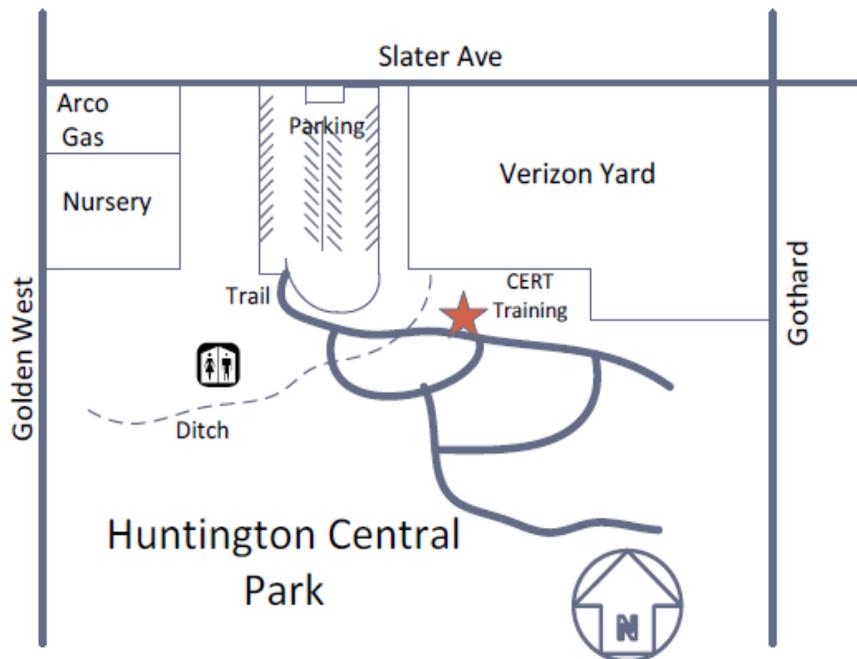
What to bring: Camping chair, pen/paper/clip board, lunch, drinks, snacks, and your personal 1st aid kit for evaluation

What to Wear: Long pants, closed toe shoes, hat, jacket

Cost: Garden Grove CERT members \$40 All others \$50

Cash or Check (made out to Ted Oyama)

To reserve your spot (this will be on a first come first serve basis) and attain additional information contact: Don Thorpe 714-376-7633 thorpedj@yahoo.com



HUNTINGTON BEACH FIRE DEPARTMENT

CALL
714-536-5411
FOR MORE
INFO



2013 OPEN HOUSE

Saturday, October 12 - 10am to 2pm

In recognition of National Fire Prevention Week (firepreventionweek.org)

Fire Station 1 - Gothard

18301 Gothard Street

Firefighting demonstrations at
11:00 am & 1:00 pm

Meet your local firefighters!

Tour the fire station!

Meet Sparky the Fire Dog!

See the fire engines!

Refreshments courtesy of the Huntington Beach
Firefighters' Assoc. & Fire Management Assoc.





AUTUMN HEALTH FAIR FLU CLINIC FREE

**TUESDAY, OCTOBER 22, 2013
8:30 A.M. TO 12:00 P.M.
(While Supplies Last)**

**MICHAEL E. RODGERS SENIORS CENTER
1706 ORANGE AVENUE, HUNTINGTON BEACH
714-536-9387**



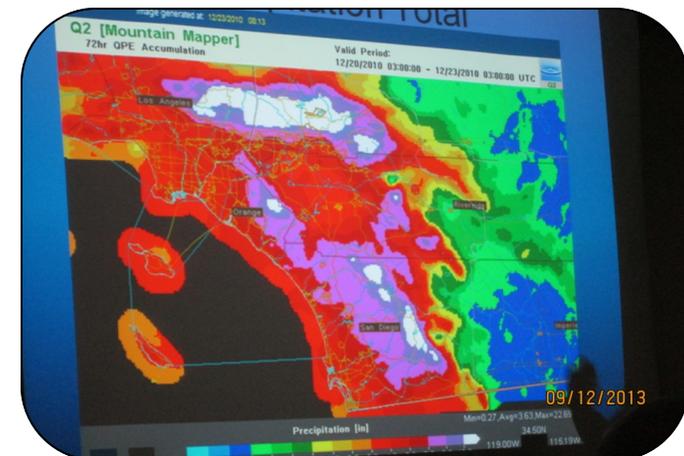
**Health Screenings
Lung Function Test
Ultra Sound Carotid Artery Test
(Subject to Change)**



**TRANSPORTATION
On bus flu shots
714-374-1742**



SEPTEMBER 12 GENERAL MEETING—NOAA SPEAKERS



SEPTEMBER 21 EXPO



SEPTEMBER 21 EXPO (CONTINUED)



SEPTEMBER 21 EXPO (CONTINUED)



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, October 19th - 10 AM to 1 PM
- Wednesday, October 23rd - 6 PM to 9 PM
- Saturday, November 16th - 10 AM to 1 PM
- Wednesday, November 27th - 6 PM to 9 PM
- Saturday, December 14th - 10 AM to 1 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.

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.

Upcoming Events

- October 6 and October 12, Wilderness and Remote First Aid Training
- October 10, 2013 General Membership Meeting 6:30pm in B8 (Food Safety)
- October 12, 2013 Fire Department Open House at Gothard Fire Training Station
- October 22, 2013 Autumn Health Fair Flu Clinic at Rodgers Senior Center
- November 2, 2013 HB Hospital Drive-through Flu Shots
- November 9, 2013 Disaster Living and Drill Your Skills Class (refresher advanced training) 8am to 3pm at the Gothard Street Fire Training Center
- November 14, 2013 General Membership Meeting 6:30pm in B8

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



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!)