



October 2017

HB CERT HIGHLIGHTS

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CLASS 1

ANNUAL CERT HOLIDAY PARTY

By Phil Burtis



Yes, December seems a long time off, but it will be here really soon! Once again, we will have our party on the regular CERT meeting night, December 14, 2017 from 6:30 PM until 8:30 PM. We ask everyone to contribute either an appetizer or a dessert.

And, just for something different, we would like you to name your food contribution after a movie. We hope that will be "reel" fun! Some examples could be:

- Poseidon Adventure upside down cake
- In the Heat of the Night Texas chili
- Animal House 7-layer dip
- Bull Durham meatballs

Just make a little sign for what you bring so we can all see how creative you can "reelly" be!

Please be sure your schedule has the second Thursday in December blocked out for your CERT party. We'll have the treats you all bring, some awards, and yes, the traditional gift "exchange" game. More details will be in the following newsletters. We hope to have a tremendous turnout this year. See you at the movies!

Dr. Lucy Jones and "Business Recovery After the Big One"

By Phil Burtis

Dr. Lucy Jones, USGS (retired) also known as, "The Earthquake Lady," came to the Senior Center on September 19, 2017 to give a presentation on earthquakes and how they affect businesses. There were more than 120 attendees and six booth sponsors at the event. Her interesting presentation was followed by a panel discussion with City emergency personnel discussing how the City would respond to a disaster.

The theme of this presentation was recovery instead of preparedness. She showed pictures of key infrastructure items – water pipelines, gas pipelines, electrical power, the interstate, etc. – that all cross the San Andreas Fault within 400 feet of each other. If the fault ruptured there, the repercussions would be

months of recovery time. As individuals, we talk about having enough supplies to make it through a disaster, anywhere from three days to a few weeks. But as a business, that's harder to do.

One of her current initiatives is to get building codes upgraded. Currently, the goal of building codes is to ensure buildings won't collapse and kill people or damage other nearby facilities. However, there is a strong likelihood the buildings would no longer be useable and that impacts the ability of businesses to operate. These problems affect the ability to get the local economy stimulated again, which is the key to recovery. Dr. Lucy believes building codes should be upgraded so buildings not only survive but will be functional following the event and businesses can begin operating quickly

Here in HB, a large portion of our income derives from tourists. When they arrive they need to have a place to stay, places to eat and be entertained. Any disaster that prohibits any part of that would cut our income when it's needed most to begin a successful recovery.

CERT wants to thank all the volunteers that helped us with the event, the OC Association of Realtors who sponsored it and our booth sponsors – FireMed, Boeing, Emergency Management, the Gas Company, Red Cross and the National Weather Service. It was a fun evening and everyone enjoyed her talk.

Here is a link to a YouTube video featuring Dr. Lucy Jones' 2015 presentation "Imagine America Without LA."

<https://www.youtube.com/watch?v=KkjXJcOySlw>



Water Storage

By Susan McClaran

With all the disasters and tragedy that have surrounded us lately, one thing has been on my mind. Water. We saw on the news people hit with hurricanes and surrounded by water and what were they in need of? Water. Clean, drinkable water. We've heard it before in our training and we all know it is critical to survival. So now, go check around and make sure you have enough water for yourself and your family. Make sure you have it stored in small amounts too....because if you have to evacuate....that 55 gallon water barrel you may have, is NOT going with you. Below is an excerpt from our friend, "the Backdoor Survival Gal" Gaye at: www.backdoorsurvival.com

Water Storage – Myth vs. Fact

Myth #1: Water can expire

Water does not expire. Ever. Sure, water can become chemically or biologically contaminated and foul, but it doesn't go bad or spoil. What can happen to water is it can go stale and look or taste bad. One thing you can do to make water that has been standing around for a while taste better is to aerate it by stirring up the water or pouring it from one jug to another to introduce some oxygen.

If the cleanliness of the water is in question, it can be purified with purification tablets, fresh bleach, or a filtering system. Technically, if water is stored in a cool, dark area and away from chemical and toxic fumes, it should last forever.

Myth #2: Water can be stored in any old container that you find around the house

Water should be stored in a UV-resistant, food-grade plastic container or in metalized bags. Traditionally, water storage barrels are blue. The reason for this is that the blue color limits light exposure and biological growth (bacteria and algae) and also signifies that what is stored in the container is safe for human consumption.

The safest containers to hold water in are polyethylene-based plastics, or plastics #1, #2, and #4. Most water barrels are made out of plastic #2 and are BPA-free. If you are in doubt, check with the manufacturer before making purchase, especially if the water is going to be used for drinking.

Don't use milk jugs for water storage. Since milk jugs are biodegradable, they will break down over time. It is almost impossible to remove all of the milk sugars from the used jug, opening the risk of contamination. On the other hand, repurposed soda or juice bottles (made from PETE plastic), make great water storage containers. Just be sure to rinse them well beforehand

with a mild bleach solution. This will eliminate any soda or juice residue and lingering odors.

Myth #3: A water barrel is all you need to consider yourself water-prepared

This one is actually comical. I can just see you now: the river is rising and you need to evacuate. Strap on your water barrel and your "grab and go" bag and you are good to go. Not!

Depending on the number of people in your family and whether you have located or set aside a separate water source for hygiene and cleaning, 55 gallons is not going to last long. Conservatively, you are going to need one gallon of water per person per day.

It is always a good idea to have a portable water filter you can transport when you are on the go. Rain barrels and hot water heaters are a great source of non-potable water for flushing and for use in the garden. Good sense dictates that you store water in various sized containers and plan for different situations such as evacuating, sheltering-in-place, sanitation, and so on.

Myth #4: You can save space by stacking water barrels on top of each other

Most water barrels are not designed to be stacked. If space is limited, consider a stacking system designed to accommodate the weight of filled barrels. Also, there are options other than barrels, that can be stacked. These include water bricks and even canned water.

Myth #5: Since I have a water purifier, I don't need a water filter

According to the water specialists at Emergency Essentials, water purifiers like Chlorine Dioxide will kill 99.9% of all microorganisms (like protozoa, bacteria, and viruses) in your water. Chlorine Dioxide is excellent for sheltering-in-place, and also great for treating water from your barrels or water you collect from streams or rivers while hiking. Bleach is also a decent purifier as long as it is fresh (less than a year old) and unscented.

Water purifiers alone will not remove dirt, silt, "gunk" and chemicals from your water. For these nasties, you need a filter. Using a purifier and filter together are an ideal combination to make sure your water is clean enough for drinking.

A Note about Storing Water Barrels

Did you know that water should not be stored on bare concrete including the concrete floor of your basement or garage? The reason for this is that plastics absorb flavors and odors from chemicals and liquids spilled on the floor and also from the chemicals used to create the concrete. Store your water on wood that sits between the floor and the concrete such as a wood pallet.

(continued on page 3)

Water Storage (continued from page 2)

The Final Word on Water Storage

A large water barrel or two, if stored properly, will be a necessity. However, the storage of bottled water, frozen jugs of water in your freezer (which will then become a makeshift cooler when the power goes out), and water in small containers you can carry in case of evacuation are important. A water purification or filtering system can be helpful. If you do not have these systems, use unscented bleach or water purification tablets, especially if you have to evacuate. The more water storage, the better.

Food Safety during an Emergency

By The American Red Cross

Heat waves, violent storms and other natural events, as well as some man-made ones, can cause sudden [power outages](#). Outages of any length can be frustrating and troublesome, and prolonged ones can also be dangerous. When your refrigerator goes out, special food safety measures must be taken. Here are food safety tips to help you determine if your food is safe to eat after a power outage:

Perishable foods including milk, meat and eggs should not be stored above 40 degrees for more than two hours. If a power outage is two hours or less, you don't need to be concerned, but you should know how to save your food when the refrigerator is out for longer periods of time. Being prepared can help. By planning ahead, you can save your perishables and safeguard your family's health.

Food Storage During an Emergency - What Do I Need?

- One or more coolers. Inexpensive Styrofoam coolers can do an excellent job.
- Shelf-stable foods, such as canned goods and powdered or boxed milk. These can be eaten cold or heated on the grill.
- A digital quick-response thermometer. A digital thermometer should be a necessity in your kitchen anyway. With these thermometers you can quickly check the internal temperatures of food for doneness and safety.

Food Safety During an Emergency - What Should I Do?

- Do not open the refrigerator or freezer. Tell your little ones not to open the door. An unopened refrigerator will keep foods cold enough for a couple of hours at least. A freezer that is half full will hold for up to 24 hours and a full freezer for 48 hours. Instead, eat shelf-stable foods.

- If it looks like the power outage will be for more than two to four hours, pack the important items in your refrigerator, such as milk, dairy products, meats, fish, poultry, eggs, and leftovers into your cooler surrounded by ice. Keep temperature at or below 40 degrees. Throw away any items that have been exposed to temperatures greater than 40 degrees for more than two hours.
- If it looks like the power outage will be prolonged beyond a day or so, prepare another cooler with ice for the items in your freezer.

For more information from the Red Cross go to: www.redcross.org/get-help/how-to-prepare-for-emergencies

The National Alliance for Mental Illness Conference

By Raji Shunmugavel

On August 25 and 26, I had an opportunity to volunteer at the National Alliance for Mental Illness (NAMI) California Conference held at the Newport Beach Marriott Hotel and Spa. The conference topic was "JOINING FORCES, Building a Movement of Community Collaborations." For two days I volunteered as a greeter in the mornings and in the afternoons I attended the workshops on various topics to do with mental health issues.

One workshop I found particularly interesting covered trauma and self care. As a CERT volunteer, we may be called to work in a shelter. During a disaster, a person with mental illness may be out of his normal environment, not have his medicines, and act badly because of the stress. As a shelter volunteer, you must be understanding and mitigate the situation so as not to aggravate the person. We must work with a positive attitude and fight the trauma, leading to peace.

Knowing how to handle someone with serious mental issues is very important. It is also important to take care of ourselves. When we are calm, we are a good role model for members with special needs. Deep breathing, Tai Chi, guided meditation, yoga breathing and several others methods were demonstrated. No matter what, after a disaster, as a CERT trained shelter worker I will take good care of myself first!

There are many organizations and support groups to give help and training to the community. NAMI is one among them. For more information on NAMI go to: www.naminc.org.

Having a Back-Up Toilet Plan

Excerpts from Backdoor Survival

www.backdoorsurvival.com

If you are forced to shelter-in-place inside your house and there is no power, no water, no flushing, take a look at the alternative toilet that is easy to prepare at very low cost.

Just empty all of the water from the bowl and tank by dipping it out. Save it in case it is needed. Place a heavy gauge, black plastic garbage bag into the bowl and leave enough on the outside so the toilet lid can hold the bag in place. Keep a bucket of lime (which can be obtained from a plant nursery) nearby with a small (about 1 cup) scoop.



After each use, make sure to liberally sprinkle a cup of lime into the bag and close the toilet lid. Kitty litter will also help keep the odor down but lime is more effective.

Depending on the number of people using this facility, the bag will have to be sealed and then, if possible, put into a hole in the ground away from your water supply and living quarters. Cover the hole with dirt. This burying might be once a day but no more than every two days. An alternative would be to put the bags into a trash can with a tight fitting lid. When the crisis is over, the bags can be disposed of as suggested by your local municipality.

Be sure to have a place to clean your hands! E-coli can be deadly, especially to older people, young

children and babies. It's not good for healthy folks either....so clean hands in a bucket of water with a teaspoon of bleach and have a rinse bucket nearby. Paper towels should be available and then follow this cleaning with a hand sanitizer. (Water can be obtained from your water storage or hot water tank.)

Senior Saturday September 9, 2017

By Raji Shunmugavel

Senior Saturday is held every year at Pier Plaza overlooking the ocean in Huntington Beach. The beautiful mild, sunny, slightly breezy climate at the beach put volunteers, as well as visitors, in a good mood.

According to Teri Simonis, Volunteer Services Coordinator for the Senior Center in Central Park, "The purpose of this day is to provide seniors and their families with information, resources, and fun. Senior Saturday is also a major fundraiser for the Huntington Beach Council on Aging (HBCOA) and the money from this event supports services, programs and activities throughout the year."

Both CERT and Senior Center volunteers helped with the set up and tear down. Huntington Beach High School's Oilers' athletes were a huge support. Their spirit blended with everyone and we all worked with enthusiasm. The most labor intensive task was setting up the tables and hundreds of chairs for the vendors and in the eating and viewing areas. Until our booth opened at 10 am, our First Aid staff turned into very strong volunteers picking up chairs and tables, unloading vendor's items from the cars and directing traffic.

The CERT booth opened at 10:00am. Many of our volunteers showed up to work the shifts handing out information on Tsunamis and our classes. They showed people how to shut off the gas meter, discussed Ham Radio as a communication device, and demonstrated "hands-only CPR" on the dummy. They were busy throughout the day informing the community members of the need to prepare and take care of ourselves if a disaster occurs.

All the participants had a very enjoyable Saturday with raffle prizes, and breakfast and lunch for only \$2. Bus transportation to and from the Senior Center in the Park was also provided.

Susan Keyes from SCART

By Raji Shunmugavel

Our September 14, 2017 featured Susan Keyes from the Southern California Animal Rescue Team (SCART.) Susan spoke on pet care in a disaster. Even if you don't have pets of your own, you may be called to help out with pets belonging to your neighbors or family.

Susan Keyes emphasized the difference between pets and humans. Pets cannot take care of themselves like some seniors, special needs people and children. As the saying goes, "Treat others (including pets) as you would like to be treated." Domesticated animals cannot take care of themselves on the streets. Imagine how you'd feel if you were left tied to a rope while the family evacuated.

In the aftermath of Hurricane Katrina, thousands of pets were abandoned because they were not allowed in shelters. The matter of animal welfare was brought to national attention. The **Pets Evacuation and Transportation Standards Act (PETS)** was a bi-partisan initiative in the U.S. House of Representatives to require states seeking Federal Emergency Management Agency (FEMA) assistance to accommodate pets and service animals in their plans for evacuating residents facing disasters. The bill is now Public Law 109-308.

Pets cannot pack their own disaster preparedness kit. A responsible person must pack a kit including the pet's favorite food and a picture of the pet with a family member for identification purposes. This will be a valuable resource in locating a pet after a disaster. Tailor each kit to the special needs of the pet.

Just like mental health care in a shelter environment, pet care requires people who are willing to give the utmost care to animals, clean up after them and give them love and attention. Only people who like animals should volunteer to work in an animal shelter.

Susan was excellent in teaching how the pet shelter care team operates after a disaster and what will happen to the pet when the shelter closes. Her presentation was very informative and enjoyable.

BUSINESS RECOVERY AFTER THE BIG ONE

- ## BIGGEST ISSUES IN THE BIG ONE
- Life loss in old buildings
 - Fire following earthquake
 - Loss of housing
 - Business disruption
 - Unusable commercial properties
 - Transportation disruption
 - Utility outages



BUSINESS RECOVERY AFTER THE BIG ONE (continued)



WHAT IS YOUR EARTHQUAKE RISK

$Risk = Hazard \times Exposure \times Fragility \div Response \div Recovery$

- Faulting, shaking, landsliding, liquefaction
- Extent & density of built environment
- Structural weaknesses
- Ability to respond
- Will to recover

09/19/201



SENIOR SATURDAY, SEPTEMBER 9, 2017



SENIOR SATURDAY, SEPTEMBER 9, 2017 (continued)





Huntington Beach Community Emergency Response Team 2017 schedule

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

* Event dates will be announced as they become available

** Events may be added or removed to the calendar

CITY OF HUNTINGTON BEACH CERT

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 CERT Events & Activities

- CERT General Membership Meeting, Electrical Safety: Presented by So Cal Edison, 6:30 PM October 12, 2017 in B8
- CERT Basic Training Class, Rodgers Senior's Center, October 20 through 22, 2017
- CERT General Membership Meeting, Ham Radio Communications, Presented by Speaker from Red Cross, 6:30 PM November 9, 2017 in B8
- CERT General Membership Meeting, Holiday Party, 6:30 PM December 14, 2017 in B8 & B7

CPR Classes

Fire Med customers can take CPR classes for free and non-FireMed customers can take classes for a fee.

- Saturday, October 14, 10:00 am – 1:00 pm
- Wednesday, October 25, 6 :00pm – 9:00 pm
- Saturday, November 18, 10:00 am – 1:00 pm
- Saturday, December 9, 10:00 am – 1:00 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.

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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!)