

# CITY OF HUNTINGTON BEACH CERT NEWSLETTER

September 2010

SINCE 1991



## HB CERT HIGHLIGHTS

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**CLASS 1**



### President's Message

By Judy Ann Morris  
jamorris189@yahoo.com

### Congratulations to the 2010 CERT Class!

What do you do now? Some of you only wanted to take the CERT "Save a Life Saturday" Classes for your own information and preparedness. As you share the message of preparedness with your neighbors, churches, businesses, and schools, the community of Huntington Beach will be a safer place to live. You can always request our CERT Speaker's Bureau to come out and present an hour and a half class to your group. This is all free of charge and all printed materials are provided.

We welcome all "Save a Life Saturday" (SALS) graduates who want to continue with the program and become a member of HB CERT as a Fire Department Volunteer. We look forward to you joining our organization and helping you find where you would like to serve. Once you have completed the requirements, you are invited to work on any of our teams or just attend our Management Team Meetings the first Thursday of every month at 6 pm in the EOC. This meeting is a general meeting where we plan upcoming events and trainings for HB CERT.

Following are the requirements to be a CERT Fire Department Volunteer:

1. A Live Scan (background check) by Huntington Beach Police Department
2. A Responder Class – Contact Brevyn Mettler for future dates ([bmettler@surfcity-hb.org](mailto:bmettler@surfcity-hb.org))
3. American Red Cross First Aid Class (see Orange County American Red Cross website for dates) or any other accredited First Aid Class

### Common questions about the program:

**Question #1:** As a 2010 SALS graduate, if I missed any of the required classes by this year's deadline, can I make them up?

**Answer #1:** Yes, by taking all of the above classes within a two year period.

**Question #2:** Do I need to complete all the classes to start a Neighborhood CERT?

**Answer #2:** No! It would be great, but Neighborhood CERTs are just that, "Neighbors helping Neighbors". If you were to wait for everyone in the neighborhood to get trained by the CERT Classes, it would never happen. We bring the training to you to help you organize. After the first class in your neighborhood, your group can continue to organize and our instructors are trained to help.

(Continued on Page 2)

### Upcoming Events

- September 2, 2010 - 6:00pm: Management Meeting in the EOC open to all HB CERT Members
- September 11 - 9:00am-2:00pm: Senior Saturday Festival, at the HB Pier
- September 18, 2010 - 11:00am –2:00pm: CERT Pot Luck Picnic open to all HB CERT members, families & friends at Central Park, Edwards side Picnic Shelter, more info, contact [pgpworks1@verizon.net](mailto:pgpworks1@verizon.net)
- September 25, 2010 - 9:00am-12:00pm: Disaster Preparedness Seminar and Panel, log on to: [www.huntingtonbeachca.gov/cert](http://www.huntingtonbeachca.gov/cert)
- October 7, 2010 - 6:00pm: Management Meeting in the EOC open to all HB CERT Members
- October 7, 2010 -7:00pm: 2010 Fire Department Volunteer Graduation & CERT Awards in Council Chambers
- Fire Med customers can take CPR classes for free and non-FireMed customers can take classes for a fee. Dates are listed below:
  - Wednesday, September 8 - 6 to 9 p.m.
  - Saturday, September 18 - 9:30 a.m. to 12:30 p.m.
  - Wednesday, September 29 - 6 to 9 p.m.
  - Saturday, October 16 - 9:30 a.m. to 12:30 p.m.
  - Wednesday, November 10 - 6 to 9 p.m.

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

## (Presidents Message Cont)

**Question #3:** How do I know if there is a CERT Team in my neighborhood?

**Answer #3:** If no one has knocked on your door to invite you to a meeting, then you need to start the process. Some neighborhood CERTs are just a few homes, some are several blocks, and others have organized large areas such as gated communities and mobile home parks. There isn't a standard size CERT.

**Question #4:** Once I am a Fire Department Volunteer, do I just report to the City whenever I think I am needed?

**Answer #4:** No. As Fire Department Volunteers, we do not self-activate. Fire Department Volunteers are activated by the HB Emergency Operation Center (EOC) and directed where to report.

**Question #5:** What do I need to do to become a County Mutual Aid Responder?

**Answer #5:** After you have completed the requirements to become a CERT Fire Department Volunteer, you need to take the Orange County American Red Cross Shelter Manager Class (see Orange County American Red Cross website for dates.)

**Question #6:** What about activating our CERT in my own neighborhood?

**Answer #6:** Neighborhood CERTs may self-activate. This is done only when 911 and the professionals are not available to respond in a disaster.

I hope this has helped answer some questions. Please, e-mail me for additional information.

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### Proper Disposal of Prescription Drugs Safely Disposing of Your Medications

Many people toss expired or unused medications in the trash or flush them down the toilet. Some components of these drugs end up in our lakes, streams, and water supplies. According to the U.S. Fish and Wildlife Service, "The improper disposal of unused medications by flushing them or pouring them down the drain may be harmful to fish, wildlife and their habitats." Additionally, throwing medications away in the garbage may be dangerous since they can end up in the mouths of children or household pets.

According to an early 2008 Associated Press investigation report, "A vast array of pharmaceuticals — including antibiotics, anti-convulsions, mood stabilizers and sex hormones — have been found in the drinking water supplies of at least 41 million Americans."

Since the amount of the drugs found in our water supply is hundreds or thousands of times lower than the quantity found in the medications that we take, it is not clear what the potential harm is to humans. However, research has shown that there can be effects on animals that live in the water such as fish and frogs.

### How Do Medications Get into Our Water?

Drugs enter our water supply in several ways:

Many of us have medications that we no longer take, that have expired, or were used by someone who died. Most of these medications are flushed down the toilet or, in the case of liquids, poured down sink drains.

When we take a medication, our bodies absorb some of the drug. The remainder passes through us (in our urine or stool) and is flushed down the toilet.

In both cases, the wastewater is treated by our local sewage facilities before it is discharged into local reservoirs, rivers, lakes or the ocean. Most of these water treatments do not remove the entire drug residue. Some of this residue then may go to drinking water treatment plants and be piped to our faucets.

### How to Safely Dispose of Most Medications

Huntington Beach Police Department offers a disposal service for prescription medication. You may bring the medications to the Police Lobby at 2000 Main Street and place them in the large pharmaceuticals container near the elevator. The PD lobby is open every day from 8am to 7pm. The medications can be in original containers or plastic bags, but must be sealed. **You may not place liquids or syringes in the pharmaceuticals container.** Your medical provider should provide you with containers for the syringes they supply. Please return used syringes to your medical provider for proper disposal or ask them how to dispose of syringes.

**You can also dispose of medications by following these steps:**

1. Take your medications out of their original containers.
2. Mix (solid or liquid) medications with an undesirable substance, such as cat litter or used coffee grounds.
3. Put the mixture into a disposable container with a lid, such as an empty margarine tub, or into a sealable bag.
4. Conceal or remove any personal information, including Rx number, on the empty containers by covering it with a black permanent marker or by scratching it off.
5. Place the sealed container with the mixture and the empty medication containers in the trash, not the recycle bin.

## Text Alert for Street Sweeping for Huntington Beach Residents

The notification feature, introduced at Monday night's City Council meeting, alerts residents via text message and e-mail about street sweepers, City Council and Planning Commission agendas, and newsletters. Dozens of other alerts are slated to be added to the system at a future date.

Residents can sign up for the alert by going to [www.huntingtonbeachca.gov](http://www.huntingtonbeachca.gov).

Then at the top of the page, click on "I want to" and drop down to "be notified."

Information services director Jack Marshall said he was not aware of any other Orange County city that text messages people about street sweeping. Other local cities do have text messaging for traffic or emergency alerts. However, Huntington Beach's features were modeled after the Boston city website.

## 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](mailto: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.

## CERT Badges

The badge machine is up and running, Peter Petrelis is making CERT badges again. If you have an expired CERT badge, or you are a 2009 CERT graduate who has completed paperwork and background check, but did not receive a badge, please contact Peter Petrelis by e-mail at [pgpworks1@verizon.net](mailto:pgpworks1@verizon.net) for an appointment time.

## 2010 Elected CERT Officers:

President - Judy Ann Morris  
[jamorris189@yahoo.com](mailto:jamorris189@yahoo.com)

1<sup>st</sup> Vice President – Peter Petrelis  
[pgpworks1@verizon.net](mailto:pgpworks1@verizon.net)

2<sup>nd</sup> Vice President – Richard Batistelli  
[rbatistell@aol.com](mailto:rbatistell@aol.com)

Secretary – Juanita Walker

Treasurer – Esther Whitton

DSW Manager – Kim Louie

## 4 th of July Parade CERT Photos





# Amateur Radio Class

Instructor John Fort, CERT Communications Team Leader

## 2010 Class Schedule

<b>Date &amp; Time:</b>	Wednesday, Sept 15	6:30 – 8:30PM
	Wednesday, Sept 22	6:30 – 8:30PM
	Wednesday, Sept 29	6:30 – 8:30PM
	Wednesday, Oct 6	6:30 – 8:30PM
	Wednesday, Oct 13	6:30 – 8:30PM
	Wednesday, Oct 20	6:30 – 8:30PM
	Thursday, Oct 21	6:00 – 8:30PM *FCC Test

**Location:** Huntington Beach EOC  
 2000 Main Street - enter the Police Dept.  
 And take the elevator to the lower level



**Who is invited:** ALL CERT Volunteers



To be eligible for this training  
 (worth \$200), you must become  
 a CERT or RACES Communicator.

To register contact John Fort at [JEFort1@earthlink.net](mailto:JEFort1@earthlink.net)

Please Print

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_, \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ - \_\_\_\_\_

E-mail \_\_\_\_\_

I have enclosed \$35.00 for book and class materials.

Please make checks payable to C.E.R.T.



**Return registration with a check to: City of Huntington Beach - EOC, P.O. Box 190, Huntington Beach, CA 92648**

**by Aug 9, 2010. Class is limited to 30 persons. For more information, call 714-536-5974.**

For questions, e-mail John Fort at [JEFort1@earthlink.net](mailto:JEFort1@earthlink.net)

# Are You Ready?

Disaster Preparedness Seminar and Panel

September 25, 2010 - Council Chambers - 9AM to 12PM



Please join the City of Huntington Beach during National Disaster Preparedness Month  
Listen to officials discuss key issues on preparing for disasters

Speakers include:

**Mayor Cathy Green**

Introductions

**Patrick McIntosh**

Fire Chief

What the city does to prepare for natural disasters and terrorism,  
how we notify the public and what you can do to help.

**Brevyn Mettler**

**Emergency Management & Homeland Security Office**

What are the Hazards: Earthquake, Terrorism, Tsunami...

**Donna Boston**

**Orange County Emergency Manager**

AlertOC, ReadyOC, and County Preparedness Initiatives

**Judy Ann Morris**

**CERT President**

Home and Family Preparedness

Civic Center Council Chambers

2000 Main Street



CLASS 1

No registration required, but you may RSVP at

<http://www.huntingtonbeachca.gov/cert>

Click Online Class Registration

Questions can be sent to [bmettler@surcity-hb.org](mailto:bmettler@surcity-hb.org)





JOIN CERT MEMBERS FOR  
A POTLUCK PICNIC  
IN THE PARK

DATE: SATURDAY, SEPTEMBER 18, 2010  
PLACE: HUNTINGTON BEACH CENTRAL  
PARK WEST (OFF OF EDWARDS)  
LOOK FOR OUR CERT BANNER  
TIME: 11:00 AM UNTIL 2:00 PM

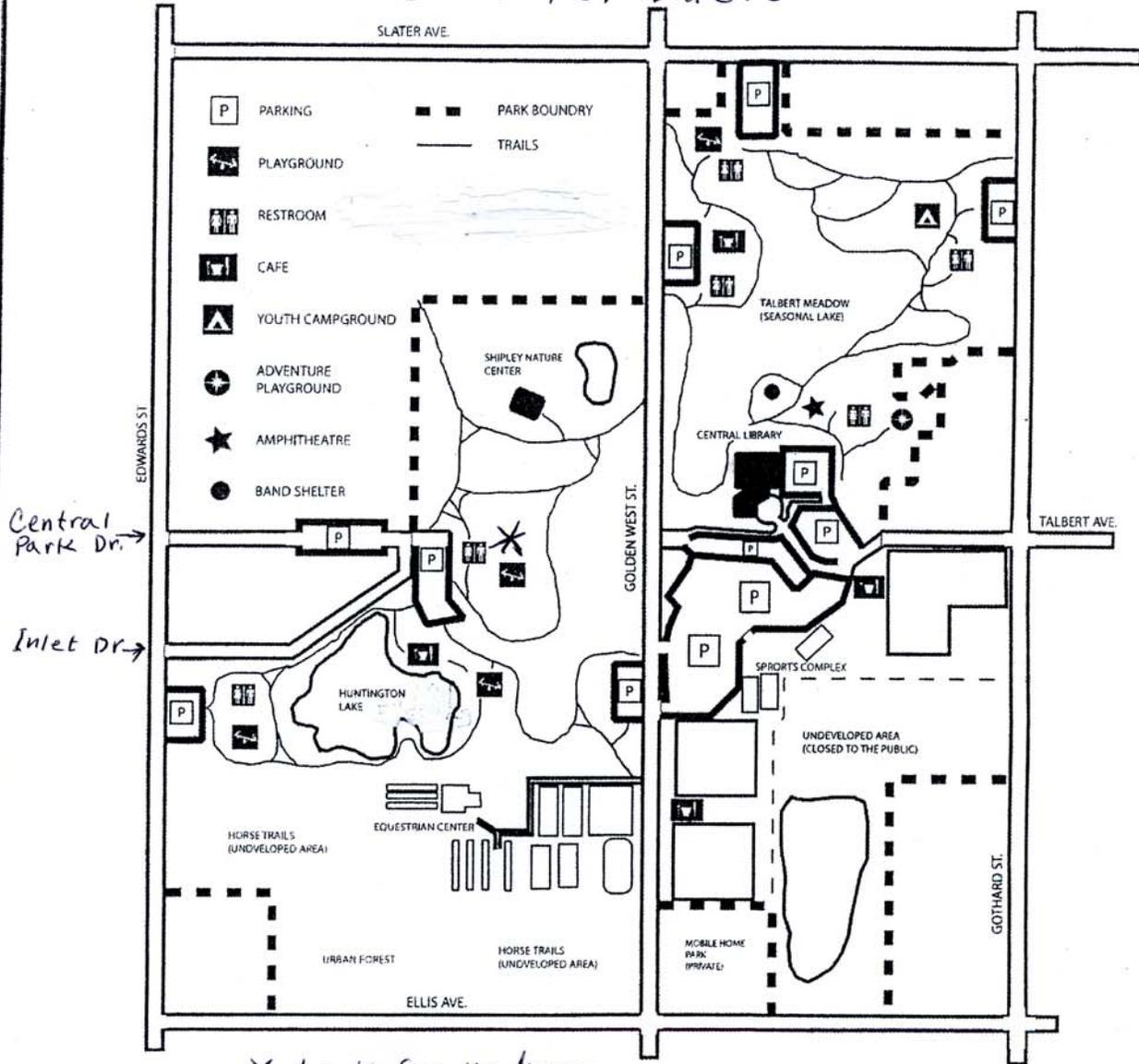
JOIN THE FUN AND GOOD TIMES, MEET OTHER  
CERT MEMBERS. INVITE THE WHOLE GANG  
(FAMILY, FRIENDS & NEIGHBORS.)  
YOU CAN WEAR YOUR CERT T-SHIRT

BRING A DISH TO SHARE AND YOUR OWN DRINKS,  
CHAIRS, BLANKETS, TABLES, ETC.

*PLEASE RSVP to LARRY SHEPPARD  
At 714-274-9909 OR CELL 562-618-8561 AFTER 6:30PM  
OR PETER PETRELIS at [pgpworks1@verizon.net](mailto:pgpworks1@verizon.net)*

# HUNTINGTON BEACH CENTRAL PARK

## CERT POTLUCK



\* Look for us here  
Sat., Sept 18, 2010





***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.

**Do You Have an Out-of-State Contact Card?**

Community Emergency Response Team (CERT) encourages all residents of Huntington Beach to include in their communication plan an out-of-state contact card. In most circumstances, out-of-state phone lines will be the first to work. Carry a contact card in your purse or billfold. Set up a network of your family and loved ones and give an out-of-state contact card to each member. After a disaster, each member of the network calls the appointed out of state contact. This contact is usually a person who knows most members of the network. As each person calls in, the out-of-state contact can relay a message as to the safety and whereabouts of each individual. Some people choose to have a second contact in a different state.

**HB CERT Newsletter Staff**

**Chief Editor:** Brevyn Mettler

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Carol Nehls

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Virginia Petrelis

For those who do not receive the newsletter by email, you can go to the CERT website: [www.huntingtonbeachca.gov/cert](http://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](http://www.huntingtonbeachca.gov/cert),  
**CERT Message line 714-536-5974, (THIS IS A MESSAGE LINE ONLY!)**