



CITY OF HUNTINGTON BEACH CERT NEWSLETTER

SINCE 1991

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HB CERT HIGHLIGHTS

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CLASS 1

President's Message

By Mike Reyes



Over 30 CERT volunteers provided first aid services at the July 26 through August 3, 2014 Vans US Open of Surfing Competition. I'd like to personally thank each volunteer who participated during the eight day event. Together, CERT volunteers were able to lighten the Huntington Beach Fire Department's daily workload by handling the majority of the first aid medical treatment.

This year was definitely less eventful than in previous years, possibly due to a new smoother floor decking which decreased the amount of splinters and other foot related injuries. Nevertheless, CERT volunteers had plenty of opportunities to put their first aid skills into practice.

A special thanks to HBFD Battalion Chief Dave McBride and his prompt responding EMS Team. Each day, Chief McBride ensured the medical tent was supplied with first aid provisions, water and other refreshments for the CERT and fire department personnel. Kudos to the HBFD, we salute you!

As we work our way into the month of September, CERT volunteers will assist at the HBCOA's 26th Annual Senior Saturday Community Festival held at the Huntington Beach Pier Plaza on September 6, 2014. Also, on Saturday, September 13, 2014, CERT volunteers will be at the Disaster Preparedness Expo held this year at the Seabreeze Church on Gothard Street. Both events are expected to be fun as well as educational. Hope to see you there. It is important to read the activity calendar on the back page for upcoming events and to find out how to become more involved in serving your community.

Map Your Neighborhood

By: Stephanie Vazquez

Emergency Management Intern

On July 29th the "Map Your Neighborhood" program kicked off with its first presentation. Sally and Nat Kurnick, residents in Huntington Harbour sought out the "Map Your Neighborhood" program after meeting Erin Concas, Assistant Emergency Services Coordinator, at this year's Huntington Beach

Tsunami Walk. Sally Kurnick, who is the primary caretaker for her 97 year old husband, Nat, felt compelled to bring a public education presentation and training to their neighborhood following the March 17, 2014 earthquake.

"Map Your Neighborhood" is a program created by Dr. Luann Johnson from Washington State's Emergency Management Division. The program is designed to bring together neighbors and small communities to plan cooperative work before a disaster.

Residents of the Huntington Harbour neighborhood enjoyed a light meal, refreshments provided by the Kurnicks, and a chance to meet their neighbors before the presentation began. At 6:30 pm, the residents gathered in Sally and Nat's living room to begin the first portion of the "Map Your Neighborhood" presentation.

Stephanie Vazquez, Emergency Management Intern, began the night's outreach with a brief presentation on disaster preparedness. While the presentation did have some glitches with the PowerPoint stream, Stephanie carried on and completed her portion of the night's presentation by informing the community about disaster and personal preparedness.

Erin Concas began the facilitation of the "Map Your Neighborhood" program. The program which is ideal for all disaster preparedness levels ensures reinforcement of the concepts learned at the evening's presentation. "Shingle" fliers were provided to each participant. The "shingles" are helpful in reminding participants about vital steps to take after a disaster and provide instruction on how to set up a neighborhood program. They provide pages for participants to list their skills, useful possessions such as chainsaws, and allow for a diagram to be drawn showing where utility shut offs are located throughout the neighborhood.

The City Emergency Management team hopes to track the pilot program in the Huntington Harbour neighborhood. A second meeting for program updates is encouraged. In the future, the Emergency Management Team also hopes CERT members can lead the program facilitation. All in all, the program's pilot was a success and did spark interest in the Huntington Harbour community concerning preparedness. In the months to come, we hope to see more interest in the program throughout Huntington Beach.

National Night Out Against Crime 2014

By Heidi Ross

For the sixth year, on Tuesday August 5th, Huntington Beach CERT participated in "National Night Out Against Crime". The Police Department brought its SWAT vehicle as well as one of its police dogs. The Fire Department was there briefly with one of its trucks but was called away for an emergency. RACES and CERT manned the Huntington Beach Emergency Response Trailer. CERT handed out more than 100 fliers inviting people to join CERT and answered many questions about tsunamis and "Grab and Go" bags. RACES invited children and adults to come in to look around the trailer and talk on the HAM radios.

It was nice to be out in the community talking about CERT. Cindy McDaniel, Stephanie Vazquez and I stopped people in their tracks by simply asking whether they had a first aid kit and water in their car. It amazes me to this day how many people are unprepared. I think if we were selling first aid kits and "Grab and Go" bags we would have made a fortune!

I hope we created an interest in many people to look up our CERT website and Google "Grab and Go bags." We worked with RACES and offer a big "Thank You" to all who were so patient with the kids talking on the radio. I giggled so much when a boy said "Mom do you think he was in space?" The mom smiled at me and said, "Maybe." Thanks Brevyn, Erin, the Fire and Police Departments for inviting us to participate in such a great event!

Train the Trainer

By Stephanie Deagle

The Huntington Beach CERT Train the Trainer weekend seminar held July 18-20th was a success. Over 25 people came from all over California to learn to teach FEMA CERT classes to others in their communities. There were firefighters, schoolteachers, ROTC teachers, an OC court house employee, and HB CERT volunteers: Susan McClaran, Erin Concas, Stephanie Vazquez, Steve Yamashita and myself, Steph Deagle.

Little did we know we would be in a group of such knowledgeable and educated people for this weekend of leaning to train others to help themselves in the event of an emergency! In addition, we had homework each night and two presentations on Sunday. Though they were long eight-hour days, I enjoyed learning how others can make learning fun.

Brenda Emrick, Brevyn Mettler and Chief Flad all had different approaches to get people motivated to want to be safe and prepared. I have to admit Brenda had some very neat ideas to make fun test dummies for first aid and triage. One idea was to buy water floaties and PVC pipe to make a body to use for training. This "body" with arms and legs is easy to move and store. Another idea was to use colored paper and cut out body shapes. The color of the paper indicated what degree of emergency they were in (red, green, yellow, black).

Susan and I tried to get new partners but it seemed that we were destined to be first responders together. Sunday our morning presentation was only 15 minutes long,

which was very time restraining to accomplish our goal. Of course, we did it! The afternoon presentation was cribbing (which I need to study more to do without help).

It was a long weekend but I am glad and lucky I was able to participate in the program.

Psychological First Aid

By Cynthia Goebel

CERT members were offered the opportunity to take the American Red Cross (ARC) class "Psychological First Aid", on Saturday, August 23rd in the EOC. Fifteen members took advantage of this opportunity. The class was taught by Janice McNally, a long term ARC volunteer and trained mental health/marriage counselor who has deployed with the Red Cross to Katrina and Sandy.

The workbook core focus is on learning how to interview/talk with disaster victims who have come to shelters, or who have been noticed at disaster scenes, and determine who are showing normal response to their situation or who may be in need of a mental health worker to help process what they have experienced.

This was accomplished by watching a slide presentation, by reading scenarios in the workbook and by group exercises. I believe this information is a good addition to our CERT training.

Boil it, cook it, peel it, or forget it

By Susan McClaran

Nothing puts a damper on a trip out of the country like getting sick. Unfortunately, traveling abroad carries risks. Poor or inconsistent standards in food preparation and sanitation can make water and some foods unsafe to consume in certain countries.

So how can you avoid gastrointestinal infections and still enjoy the cuisine of a foreign land? The [World Health Organization](#) sums up its recommendations with four simple rules: "Boil it, cook it, peel it, or forget it."

If you're unsure about where water comes from, boil it first or disinfect it with chlorine or iodine. Also boil any unpasteurized milk before you drink it.

Resist raw foods purchased from street vendors, except fruits and vegetables. Be sure to wash fruits and vegetables thoroughly and peel them before you eat them.

Choose meals that are still piping hot when served, and watch street vendors cook anything you plan to buy. If you haven't seen the food being prepared, pass it up.

Shun ice cream and other dairy products—which are commonly contaminated—and any items containing raw or undercooked eggs such as hollandaise sauce, mayonnaise, or mousse.

Forget the ice cubes unless you yourself boiled the water before freezing it.

School Emergency Plans

By Anna Pinter

The school year for 2014-2015 is just beginning and the children are back in school. It is time to ask about safety and disaster emergency plans at the locations away from home where your family spends the most time. If none exist, consider volunteering to help develop emergency plans at work, school and other places you frequent. If an emergency plan is in place, check and make sure supplies, cargo containers and training of all teachers, staff and classrooms have been checked and updated recently. You will be better prepared to safely reunite your family and loved ones during an emergency if you think ahead and communicate with others in advance of any manmade or natural disaster. Start by asking the three following questions:

- Ask how schools will **communicate** with families during a crisis.
- Ask if they have **stored** adequate food, water and other basic supplies.
- Ask if they are **prepared** to "shelter-in-place" if need be, and where they plan to go if they must get away.

The Katz Bill was adopted by the state of California in 1984. California Education Code 35295, 35296 and 35297 requires all public and private elementary, middle and high schools with enrollment of 50 or more students, or more than one classroom to have an "earthquake emergency system." The bill requires schools to develop earthquake response and recovery plans. School personnel are to conduct duck-and-cover drills, train staff and students for earthquake safety and response, and mitigate seismic hazards in school buildings.

In 1988, Katz Act requires plans for earthquakes and other emergencies. School administrators have the responsibility to ensure the safety of their students and staff in all emergencies such as an earthquake, a flood or a terrorism incident. The legislature amended the law to require training of both certified and classified staff.

The law requires schools do the following:

- Develop a disaster plan to maintain the safety and care of students and staff. The plan should outline emergency roles, procedures for students and staff, and appropriate, ongoing training for all employees and students.
- Schools are responsible to conduct periodic drills in the "drop and cover" procedure, the evacuation procedure, and other emergency response actions (such as search and rescue, communications, and damage assessment) to train students and staff. Simple drills should be held once a quarter in elementary schools and once a semester in secondary schools; more complicated drills should be held once or twice a year.

- Provide training programs to ensure that staff and students are aware of, and properly trained to follow, your plan and the emergency response procedures.

Be prepared to have your school serve as a possible public shelter for the community during disasters or emergencies.

Take mitigation measures now to ensure the safety of students and staff, and the viability of the school facility during and after an earthquake or other emergency.

Some of the above article has quotes from the following links:

<http://www.fema.gov/earthquake/earthquake-safety-school>

http://online.tarleton.edu/ACEF/EarthquakePreparednessforEducationalFacilities/EarthquakePreparedness_print.html

<http://www.leginfo.ca.gov/cgi-bin/displaycode?section=edc&group=35001-36000&file=35295-35297>

Help Needed

On Saturday, September 13, Stephanie Deagle will be having a neighborhood preparedness meeting at her home from 11 am to 12:30 pm. She would love some CERT volunteers to help her teach search and rescue. If you can help, please call Stephanie at home (714) 898-1075 or cell (714) 393-2439.



What You Need to Know About the Drought in California

By Anna Pinter

What is a drought?

“According to the Department of Water Resources, there are actually two common types of drought. First, the most commonly referred to form of drought is meteorological drought: a period of below normal precipitation. The second most common form of drought that we discuss is hydrologic drought: a period of below average runoff from water sources. Scientists have not established a universal definition to identify when a drought begins or ends. The declaration of a drought is considered within the context of the needs for water resources.”

Statewide Drought Summary

This weekly summary is produced by the Governor's Drought Task Force, and summarizes the state agency actions, current drought impacts around the state, and consolidates key information for the public.

In 2012 and 2013 dry conditions were experienced statewide according to the Department of Water Resources and the U.S. Drought Monitor. Parts of the Central Valley and Southern California have experienced extreme drought conditions and the situation worsens with every day the state goes without rain.

California is fast approaching the worst drought in its history. The state has been forced to draw a substantial amount of water from reservoirs and lakes to be used by thirsty households and parched farmers. Precipitation in some areas of the state is at the lowest point since record keeping began in the 1800s. Statewide reservoir storage is down significantly and impacts of two, going on three, dry years in a row are felt everywhere. As the water has been drained the result has been a landscape transformed. Shocking photographs show Folsom Lake and Lake Oroville shriveling from lack of rain in the Golden State.

Before-and-after photos reveal the shocking shriveling effect of state's most devastating drought in decades

<http://www.dailymail.co.uk/news/article-2731091/California-s-vanishing-lakes-Before-photos-reveal-shocking-shriveling-effect-state-s-devastating-drought-decades.html>

On Jan. 17, 2014, with California facing water shortfalls in the driest year in recorded state history, Governor Edmund G. Brown Jr. proclaimed a State of Emergency and directed state officials to take all necessary actions to prepare for these drought conditions. In the State of Emergency declaration, Governor Brown directed state officials to assist farmers and communities that are economically impacted by dry conditions and to ensure the state can respond if Californians face drinking water shortages. The Governor also directed state agencies to use less water and hire more firefighters and initiated a greatly expanded water conservation public awareness campaign.

Some of the above information was quoted from the following link:

<http://www.calema.ca.gov/NewsandMedia/Pages/Current%20News%20and%20Events/Drought.aspx>

Please go on the following link for more information :
(www.saveourh2o.org).

Huntington Beach's New Water Usage Rules

Information collected from the Huntington Beach Independent August 21, 2014

Huntington Beach City Council unanimously voted to declare a level one water supply shortage to conserve water in an effort to abide by state regulations to reduce water use. Residents will now be restricted to using their sprinkler systems three days a week from April to October and twice a week from November through March.

The following is the city's sprinkler usage schedule:

Single family homes with even addresses, multi-family residential, home owners' association common areas, businesses and schools: Mondays, Wednesdays and Fridays from April to October: Mondays and Fridays from November to March.

Single family homes with odd addresses: Tuesdays, Thursdays and Saturdays from April to October; Tuesdays and Saturdays from November to March.

Parks, medians and city facilities: Sundays, Tuesdays and Thursdays from April to October; Sundays and Thursdays from November to March.

Leaks are also required to be repaired within 72 hours of discovery.

The city had been implementing rules from its updated water management program since 2009, which includes scheduling water times between 5 pm and 9 am, prohibiting excessive water run-off, washing off a driveway or sidewalk and requiring an automatic shut-off valve on hoses.

Those who break the law could receive up to a \$1,000 fine. The city will focus on educating the public about water use and conservation before turning to fines.

CERT IN THE JULY 4, 2014 HUNTINGTON BEACH PARADE





NATIONAL NIGHT OUT AGAINST CRIME, AUGUST 5, 2014



EMERGENCY PREPAREDNESS EXPO AT SUNSET BEACH, JULY 19, 2014





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, September 13 - 10 AM to 1 PM
- Wednesday, September 24 - 6 PM to 9 PM
- Saturday, October 11 - 10 AM to 1 PM
- Wednesday, October 22 - 6 PM to 9 PM
- Saturday, November 8 - 10 AM to 1 PM
- Wednesday, November 19 - 6 PM to 9 PM
- Saturday, December 13, 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.

Upcoming Events & Activities

- September 6, 2014 9:30am to 2:00pm, HBCOA-Senior Saturday Community Festival at HB Pier Plaza, (CERT volunteers sign up on the CERT portal)
- September 11, **7:00pm**, CERT General Meeting in the HB Civic Center B7
- September 13, 2014, 9:00am to 3:00pm, Disaster Preparedness Expo at Seabreeze Church on Gothard Street (CERT volunteers sign up on the CERT portal)
- October 9, 2014, 6:30pm, CERT General Meeting
- CERT Basic Training Course, three days starting October 17 at 6:00—10pm, October 18 & 19 (Saturday & Sunday) 8:00am through 5:30pm, sign up at CERT website www.huntingtonbeachca.gov/cert
- October 26, Surf City 10K

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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!)