

CERT NEWSLETTER

SINCE 1991



HB CERT

December 2013



President's Message By Peter Petrelis

This is my last President's message since a new slate of CERT Officers will be installed in January for the 2014 year. I have enjoyed being CERT President for the last three years. We continued being busy to complete this year's activities.

Huntington Beach Hospital hosted its annual drive-through Flu Clinic on Saturday, November 2, 2013 that was open to all residents. CERT members and CERT communication ham radio team again provided traffic control and assisted in setting up barricades and stations for the event. Over 300 flu shots were dispensed. See the following pages for photos of the event.

The Advanced Training/Refresher Course was held November 9 at the Fire Training Center on Gothard. The invitation was extended to all of CERT. Twenty nine CERT members attended as students along with 12 Boy Scouts. Eight of the Boy Scouts were moulaged to act as victims for the students' CERT Hands-on First Aid training. Feedback on the class was very positive. A staff of 20 including instructors, color team, and logistics support worked hard to make the eight-session class a big success. Included in this newsletter are lots of class photos. Thanks to the session instructors: Billie Brandon, Roy Alzua, Mike Depin, Susan McClaran, Steve Yamashita, Richard Batistelli, Paul LaGreek, Anna Pinter, Ron Roth, and Mike Reyes. Thanks also to the many who supported the class: Logistics Team led by Ron Roth, Nelly Dow and the Color Team, Billie Brandon and Steve Yamashita for arranging Boy Scout support, Billie Brandon leader of the moulage team, and the lunch servers.

The Thursday, November 14 General Membership Meeting focused on planning for the Saturday, December 14 CERT Holiday Party to be held at the Rodgers Senior Center. Please plan on attending this pot luck party. If you have not already done so, please RSVP to pgpworks@verizon.net if you plan to attend.

A Christmas Request By Richard Batistelli

We are asking all CERT volunteers to remember our soldiers, airmen and sailors

servicing overseas during this holiday season. The American Red Cross is continuing its campaign to collect unsigned holiday cards addressed to our men and women serving this country. You can write a short message thanking them for their service and (sign with first name if you wish, no last names). Do not date.

Your caring thoughts to these young adults would be much appreciated. A box is at the entrance to the EOC at City Hall for the collection of cards until December 15. **If you have any questions, contact me at rbatistell@aol.com.**

A New Sign in Huntington Beach By Virginia Petrelis

There is a new very informative ocean safety sign in the sand on the right side of the Huntington Beach pier courtesy of Alex Tardy of the National Weather Service, one of our speakers at the September 2013 general meeting. On one side of the sign there are warnings about swimming and rip tides and the other side has a very nice tsunami inundation map with evacuation routes. Let's hope our visitors as well as our HB residents heed the warnings.



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CLASS 1

Gifts That Say You Care

By Susan McClaran and Anna Pinter

As the holidays approach and everyone is thinking of something special to show you care for loved ones and friends, consider a gift of preparedness. In this article are websites you can use to find information on purchasing or assembling disaster kits.

<http://www.readyoc.org/resources/pdf/home-emergency-kit.pdf>

The website above gives some ideas for a basic minimum home kit.

www.redcross.org

Another website with ideas and kits for sale is the American Red Cross.

The following items are included in the Red Cross kit:



- 2 absorbent compress dressings (5 x 9 inches)
- 25 adhesive bandages (assorted sizes)
- 1 adhesive cloth tape (10 yards x 1 inch)
- 5 antibiotic ointment packets (approximately 1 gram)
- 5 antiseptic wipe packets
- 2 packets of aspirin (81 mg each)
- 1 blanket (space blanket)
- 1 breathing barrier (with one-way valve)
- 1 instant cold compress
- 2 pairs of non-latex gloves (size: large)
- 2 hydrocortisone ointment packets (approximately 1 gram each)
- Scissors
- 1 roller bandage (3 inches wide)
- 1 roller bandage (4 inches wide)
- 5 sterile gauze pads (3 x 3 inches)
- 5 sterile gauze pads (4 x 4 inches)
- Oral thermometer (non-mercury/non-glass)
- 2 triangular bandages
- Tweezers
- First aid instruction booklet

A purchased kit is a good start for yourself or a member of your family. Many people like to assemble their own kit or add to a purchased kit. The more involved a person becomes in personal knowledge, the more their kits become personalized. Drugstores or other suppliers which have two for one sales or coupons reduce the cost. Some of the items needed in a disaster are larger dressings, more latex free gloves, duct tape, protective goggles, face mask, and many other items. Stop and think what would be needed to make your kit ready for an earthquake or other disaster. Start small and slowly improve your kit.

There are many other suppliers ready to offer advice and help you prepare. Many stores have a selection of kits plus other supplies used in a disaster. Home Depot, Lowes, May Day, or SOS Survival Products are examples of places to buy supplies. Most information as to their products can be found on the Internet.

Other choices are found with companies who sell mostly by catalogue such as www.emergencysupplycatalog.com. on page 4. You can contact Mike Depin at:

mdepin@1364specialties.com for prices.

Discount stores such as Big Lots and other similar stores carry many of the supplies used to supplement your disaster kit.

If you have already purchased a lot of supplies and would like to supplement your first aid kit, go on the Internet and look up Wilderness and Remote First Aid Kits.

Every family needs many of the same supplies, but each family needs to personalize their kit so it meets their family's needs.

HOLIDAY AND CHRISTMAS TREE FIRE SAFETY

Compiled By Cynthia Goebel

From US Fire Administration, Federal Emergency Management Agency (FEMA) and National Fire Protection Agency (NFPA)

Facts about home holiday fires

Although Christmas tree fires are not common, when they do occur, they are more likely to be serious. On average, one of every 40 reported home structure Christmas tree fires results in a death compared to an average of one death per 142 total reported home structure fires.

One of every home Christmas tree fires is caused by electrical problems. A heat source too close to the tree causes roughly one in every six of Christmas tree fires.

December is the peak time of year for home candle fires. In December, 11% of home candle fires begin with decorations compared to 4% the rest of the year. More than half (56%) of home candle fires occur when something that can catch on fire is too close to the candle.

Carefully decorating Christmas trees can help make your holidays safer.

Picking the tree

If you have an artificial tree, be sure it is labeled, certified or identified by the manufacturer as fire retardant.

Choose a live tree with fresh, green needles that do not fall off when touched.

Placing the tree

Cut 1" – 2" from the trunk base before placing the tree in the stand.

Make sure the tree is at least three feet away from any heat source: fireplaces, radiators, candles, heat vents or lights.

Make sure the tree is not blocking an exit.

Add water to the tree stand. Be sure to add water daily.

Lighting the tree

Use lights that have the label of an independent testing laboratory such as UL (Underwriters Laboratory.) Some lights are for indoor or outdoor use only, but not both.

Replace any string of lights with worn or broken cords or loose bulb connections.

Holiday and Christmas Tree Fire Safety (cont)

Lighting the tree (cont)

Connect no more than three strands of mini string sets and a maximum of 50 bulbs for screw-in bulbs. Read manufacturer's instructions for number of LED strands to connect.

Never use lit candles to decorate the tree. Always turn off Christmas tree lights before leaving or going to bed.

After Christmas

Remove the tree from the house when it begins dropping needles. Dried-out trees are a fire danger and should not be left in the home or garage, or placed outside against the home. Check with your local community to find a recycling program. Bring outdoor electrical lights inside after the holidays to prevent hazards and make them last longer.

In summary, Christmas trees account for hundreds of fires annually. Typically shorts in electrical lights or open flames from candles, lighters or matches start tree fires. Well-watered trees are not a problem. A dry and neglected tree can be a problem.

The following video clip illustrates what can happen with improper Christmas tree care:

http://www.youtube.com/watch?v=LXuPbrS_wgk

Beware of Scams

By Anna Pinter

Especially during the holidays scams become more prevalent. Many kind-hearted people will be prompted to give something back to the needy. Be careful, holidays also prompt the greedy to invent new scams and receive extra money to line their own pockets. Use the following link to discover how thieves use clever [charity](#) scams to rob the needy of all your good intentions.

Make sure as a charity donor you become savvy as to how thieves steal your money. This will help assure your holiday donation ends up in the hands of the needy.

Charities to Avoid

With the holiday giving revving up, perhaps you've already been solicited by a worthy sounding cause. If so you're not alone. Half of charity donations are made between Thanksgiving and New Year's Eve.

When a charity you've never heard of calls you with an emotional plea or an unlikely sounding scheme, it's time to start asking questions.

Real charities will spend 60 to 99 percent of the money they collect on people who are in need. Charity scams "administrators" often wind up spending most or all of the money on themselves.

1. The Donate A Car

Donating a car to charity sounds like a win for the donor and a win for the charity but this may not be the case. The donor has a hassle-free way to get rid of an old car and receives a tax deduction. The charity gets an asset.

There are many problems and many times very little of the car's value goes to charity. There are for-profit businesses handling the cars on behalf of the charities.

The business pays costs to tow cars and advertise. The businesses sell the cars at wholesale auctions, leaving very little for the charity. Middlemen are known to purposely disable cars so they can be sold more cheaply. The cars are sold cheaply and then the profit is pocketed by these middlemen.

The best way to donate a car is to contact the United Way, Goodwill, Salvation Army, community college or vocational school to locate a program that actually uses cars. These cars will be used for services to the needy.

2. The Email Charity Scam

Do not respond to email charity solicitations unless you have signed up to receive an e-mail from a charity.

Be careful of charity scams using legitimate sounding names and link to a website where you can make a donation. These websites may be fake and may look like a legitimate organization's official site.

Websites sometimes ask for personal information like your Social Security number, date of birth or bank account information. Be wary, these sites can steal your identity.

Don't use an unsolicited email to give to a charity. More and more charities are accepting donations made on their official websites, so it's not wrong to make a donation this way. Check on all organizations before you donate.

3. Police and Firefighter Charities

Where is your donation to a police charity really going? Just because police, sheriffs' or firefighters' relief organizations have the words "police" or "firefighter" in their name doesn't mean your local officers will be the ones who benefit.

Check before you donate. Get specifics on the programs your donation will fund and make sure you understand how they will help your local officers. Ask how much of your money goes towards the officer program. Make sure your donation is actually making the contribution to your chosen organization.

4. Prospect Fundraising

Many people first learn of a charity through a telemarketer call. Charities are not bound by the Do-Not-Call list. Telemarketer calls are typically made by for-profit fundraisers hired on behalf of the charity. These for-profit companies may keep anywhere from 25 to 95 cents of every dollar they collect.

Research and make sure you give only to charities that spend most of their donated funds on their programs and keep advertising and administrative costs below 25 percent. Legitimate charity welcomes questions.

New scams happen all the time. Seniors are often targeted. A new scam has targeted seniors. If you are on Medicare and receive a notice you need to replace or change your Medicare coverage in relation to the Affordable Care Act (ACA), it is a scam.

If you feel you have been a victim of a Medicare or ACA scam, call the Senior Medicare Patrol. 1-855-613-7080

To see if a provider is Medicare approved call: (800-633-4227)

www.insurancefraud.org/scam-alerts-fake-health.htm



Happy Holidays Special to all our CERT friends and neighbors

Until the end of the year, 13-6-4 Specialties is having a 15 to 20% discount on selected items



5 Year. Case of Water

Case includes 100 of the 4.225 ounce water packages plus 1 liter drinking container

Regular price \$27.95 now on sale for \$22.35 plus tax



5 Year. 6 Pack of Drinking Water

1 liter drinking container plus 6 of the 4.225 ounce water pouches

Regular price \$2.95 now on sale for \$2.36 plus tax



Water Filtration Flip Top Bottle

28 ounce size, produces up to 100 gallons of filtered water which has a "screw on/off" cap that can be easily filled from the top

Regular price \$26.95 now on sale for \$22.95 plus tax



First Aid Kit 183 pieces

This kit has bandages, gauze pads and so much more!

Regular price \$24.95 now on sale for \$19.95 plus tax



4 N 1 Gas & Water Shut Off Tool

Shuts off gas and water valves, breaks windows, digs through debris and pries open doors. This lightweight yet tough heat-treated alloy won't spark or rust.

Regular price \$18.95 now on sale for \$15.95 plus tax

Happy Holidays from 13-6-4 Specialties

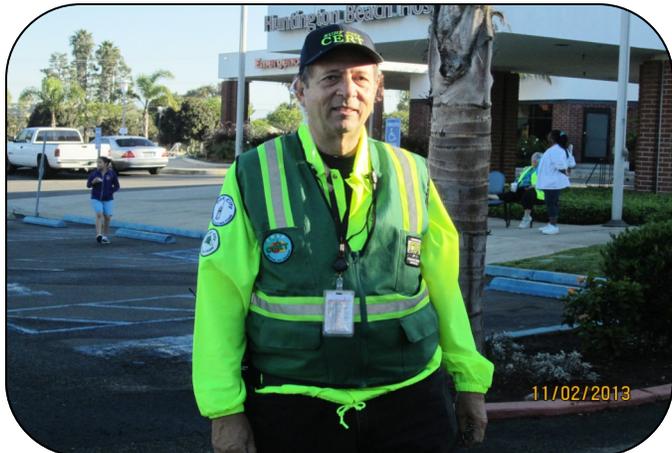
Michael Depin at 714-841-2454

Email: mdepin@1364specialties.com

November 2, 2013 Huntington Beach Hospital Drive-through Flu Shots
CERT At Work



November 2, 2013 Huntington Beach Hospital Drive-through Flu Shots (cont)



November 2, 2013 Huntington Beach Hospital Drive-through Flu Shots (cont)

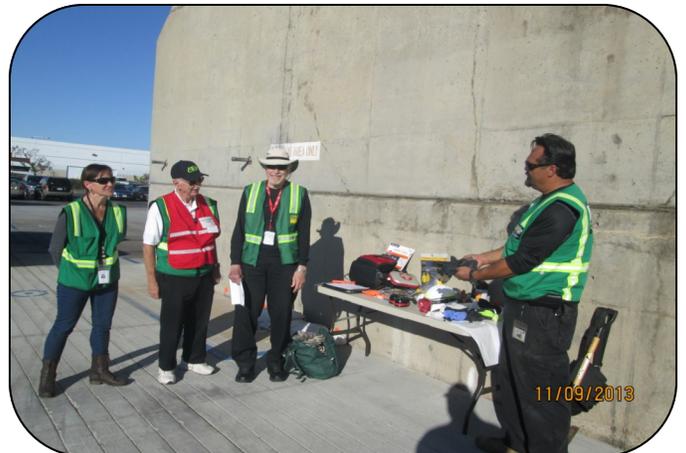


November 9, 2013 CERT Refresher / Advanced Training Class





November 9, 2013 CERT Refresher / Advanced Training Class (cont)



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, 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

- December 14, 2013 CERT Holiday Party at Rodgers Senior Center, 5:30pm
- January 9, 2014 General Membership Meeting 6:30pm in B8

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HAPPY HOLIDAYS FROM BREVYN & CERT NEWSLETTER TEAM



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!)