

June 2013



President's Message By Peter Petrelis

The new format CERT classes were completed with the all-day Saturday "Drill Your Skills" session on May 4. It was a fun class and 23 students completed the basic training to receive certificates. Congratulations to the following graduates: Brittany Beisner, Melisse Bridges, Joseph Cadarett, Jim Cavener, Kirk Davis, Stephanie Deagle, Danielle Genzen, Crystal Griffin, Frank Griffin, Shane Henry, Franklin Horton, Kelly Hubbard, Mimi Irvin, Jon Mayer, Holly Payne, Juan Puentes, Nick Savoy, John Weidhaas, Wally Weidhaas, Brenda Welch, Shelley Wilbert, Kamarr Wilmington-Richee, and Ann O'Mahony. A high percentage signed up to continue training to become HB CERT Fire Department Volunteers. The transition to the new class format was well received by the students.

The 6:30 pm May 9 General Meeting in B-8 was attended by 44 members. Featured training was "Hands Only" CPR taught by Patty Gleed, RN., EMS Coordinator for the Huntington Beach Fire Department. All meeting attendees were given in-depth instructions to perfect their skills in "Hands Only" CPR using practice dummies. Patty took a list of those interested in helping during the June 4 National CPR week demonstrations to be held from noon to 4 pm at the Huntington Beach Pier and possibly at Bella Terra.

The planning portion of the meeting followed with a brief description of remaining events and volunteer signups for: June 22 cooking in the park, marching in the July 4 parade, first aid booth at the parade, first aid booth at the August US Open of Surfing, Senior Saturday on September 7, Disaster Preparedness EXPO September 21, as well as advanced training. For CERT members, this is an opportunity to get more involved with CERT by helping out, learning new skills and meeting new friends. All are welcome, even just observers. If you are interested in any of

these events, please contact me at 714-842-6136

I look forward to the June 22 "Alternate Cooking in the Park" event. We have 63 signed up and are planning participation of all attendees in preparing and cooking Dutch oven and box oven meals.

CERT members are encouraged to check the Members' Portal on the city website to check for announcements and to record their volunteer hours.

Members who completed basic CERT training in 2010, 2011, and 2012 but who did not complete the advanced training and live scan required to become "CERT Fire Department Volunteers," are now extended an opportunity to do so by February 2014. Information was e-mailed May 30. However, some e-mail addresses have changed from those in our database. If you did not receive information and are interested, e-mail me at pgpworks@verizon.net with your current address.

!!NEWSLETTER HELP!! Opportunities exist for CERT members to help edit and prepare the CERT newsletter. If you enjoy working with a computer, we will help you learn to use Microsoft Publisher to organize and create the monthly newsletter. Or, if you enjoy editing newsletter articles, we can use your help. Newsletter team meets monthly, generally the last Tuesday of the month, 9:00 am to late afternoon when we finish. Why not come by and give it a try. For more information, please call me at 714-842-6136 to discuss.



NEWSLETTER TEAM AT WORK



HB CERT

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CLASS 1

Free WiFi Downtown HB

If you're among the millions of Smart Phone users who live, work or play in Huntington Beach, you're in luck! The City of Huntington Beach, in partnership with ProX Media, has now made it possible for those on the go to access free WiFi on the first three blocks of Main Street and along the beach from Beach Boulevard to Pier Plaza. The Surf City WiFi Free Mobile Network is just that...it's in Surf City, it's WiFi, it's for mobile devices, and best of all...it's free and as easy as 1-2-3:

1. Connect to SurfCityFreeWiFi
2. Open your web browser
3. Enjoy local content

In addition to being easy and free, Surf City WiFi is a useful tool to those visiting Huntington Beach, as the mobile browser features a variety of information about what's happening in the City, including dining, shopping, events, news, beach and parking information, and searchable business directories, with more great features to come.

The Surf City WiFi Free Mobile Network is a great opportunity for local businesses to get in on the act too, and reach millions of mobile users who may be looking for just what you have, right at that very moment. This innovative partnership between the City and ProX Media puts information at the fingertips of consumers when they are directly within physical reach of a business and will be more likely to take advantage of special offers, or just the opportunity to drop in. The City further benefits by receiving a share of the advertising revenue generated by the program. All revenues received by the City as a result of this program go directly into the General Fund, which is used to provide the valuable and critical services citizens and businesses rely on every day including public safety, beach maintenance, street and road improvements, libraries, senior services and more. ProX Media has made a commitment to the community to provide this free amenity to assist locals and visitors with finding helpful information, supporting local businesses and exploring everything that Huntington Beach has to offer.

Interested in being a part of this program? Visit www.surfcitywifi.com from your mobile browser, computer or call (714) 584-9434 and reach the millions of consumers waiting to hear from you.

For technical network support, call toll free: (855) 442-9434.

Summer Travel: How much do you know?

Traveling this summer? Take our summer TRIP quiz to find out how much you know about travel safety, security, and health. Test your travel IQ before you go! Hint: each question is a link to help you find the answer.

1. How can you recover from jet lag?
 - a) Drink coffee and alcoholic beverages
 - b) Drink plenty of water
 2. Where should you convert currency for the best exchange rate?
 - a) The airport
 - b) Your hotel
 - c) Your local bank before you go
 3. When departing on a cruise, for extra safety should you pack your computer in your checked luggage?
 - a) Yes
 - b) No
 4. If you need to use an emergency slide to evacuate an airplane, you should:
 - a) Jump feet first
 - b) Sit down and push
 - c) Keep your high heels on
 5. To help ensure your safety in a new destination, make sure you:
 - a) Locate the emergency exit closest to your hotel room
 - b) Ask the hotel staff for reliable taxi and other services
 - c) Take the hotel's business card with you for easy access and reference
 - d) All of the above
 6. To avoid motion sickness, where should you sit on a plane?
 - a) Near the cockpit
 - b) By the bathroom
 - c) Over the wing
 - d) Near the back of the plane
 7. The best kind of sunglasses to wear when traveling are:
 - a) Ones with dark lenses
 - b) Designer sunglasses
 - c) Wrap-around styles
 8. Which types of services do US Embassies or Consular offices provide for Americans abroad?
 - a) Resolving cell phone reception problems
 - b) Replacing lost or stolen US passports
 - c) Issue visas for other countries
 9. If you travel with medication or prescription drugs, make sure you:
 - a) Get a doctor's note detailing your condition and the medication
 - b) Leave medication in the original container
 - c) Research the legality and restrictions of any medications before you travel
 - d) All of the above
 10. Protect your identity while traveling by:
 - a) Using a false name
 - b) Being aware and vigilant at ATMs and when using a credit card
 - c) Leaving your credit cards at home
- Bonus Question: What single internet source has helpful information on travel health, safety, and security in one place?
- a) Wikipedia
 - b) The Farmer's Almanac
 - c) TRIP

Summer Travel: How much do you know? (continued)

Answer Key:

1. b 2. c 3. b 4. a 5. d 6. c 7. c 8. b 9. d 10. b

Bonus: c

Check Your Score:

8-10 Correct: You're a TRIP-savvy traveler!

5-7 Correct: You're on the road to safe travel

0-4 Correct: You may need a little help—visit "TRIP" at the website below for more information on travel safety, security, and health.

Helpful Hints on Safety <http://trip.ustia.org/>

Stay Safe and Healthy This Summer

By Anna Pinter

Whether you are having a "staycation" at home or traveling to Europe, an urban vacation, a trip to the country or just having some fun taking short trips to local sites near home, summertime presents adventures. You need to prepare and remember special tips to stay safe.

Heat Safety

- No matter where you go this summer, chances are you are going to encounter some level of excessive heat. Avoid heat exhaustion and other side effects by reviewing heat safety tips.

- Stay hydrated by drinking plenty of water. Carry a supply of water with you everywhere you go. If you do not trust the safety of the local water, drink only bottled water.

- Avoid drinks which contain caffeine, alcohol or large amounts of sugar because you can be dehydrated further.

- If the outside temperature exceeds 90 degrees avoid being outside when possible.

- Wear light clothing and dress in layers.

- Remember children and elderly need to take extra precautions to avoid heat exhaustion.

Pool Safety

- Most summers are not complete without a trip to the pool, river or ocean. Water fun requires special safety tips.

- Never swim alone or enter a spa or Jacuzzi alone.

- Never leave a child alone in or near a pool. Always have an appointed adult safety guard.

- Do not allow toddlers to be in the water without a life vest or swimming aids.

- Always know the local emergency or rescue contact information and enter in your cell phone in case of accidents or emergencies.

Sun Safety Tips

- If you expect to be in a lot of direct sunlight prepare so as not to be scorched.

- If possible avoid being outside 10 am to 4 pm in direct sunlight.

- Wear SPF 15 sunscreen or higher at all times

- Reapply sunscreen often.

- Wear a hat that protects your face and head as much as possible.

- Protect your eyes with sunglasses.

- If you are taking medication, check with your doctor and see if you need to take extra precautions.

- Encourage children to play in the shade. Remember to apply sunscreen on children and reapply often.

- Children should be protected with hats and sunglasses.

Prepare a Medical Portfolio

If you are prepared with a "Grab and Go Bag" you should already have a medical portfolio.

Taking time to prepare increases the odds of receiving proper care should you need it while traveling.

Personal Contact

Provide a list of family members, friends or others who are to be contacted in case of an emergency.

Travel Itinerary

Carry a complete itinerary with you that includes all information on transportation, hotel and other necessary information.

Medical Care Providers

Provide names, titles, and phone numbers of all care providers for all your medical needs.

Health Insurance Company

Provide name, phone numbers and ID numbers. If you have a direct phone number it saves valuable time rather than navigating an automated phone system.

Medical Conditions

DOB - Your date of birth.

Allergies - List all medications, food, and other irritants,

Surgery - Recent and past include oral, facial or cosmetic surgery.

Blood Type

Medical Device - List information and location of any device (shunts, diabetic pumps, pacemakers, defibrillators and etc.)

Medicine List - Name all over the counter and prescription medicines as well as dietary supplements or herbs you are taking.

Immunization List - If you are traveling internationally, include all types, date and description of all vaccines you have received.

If you are traveling to another locality

Check the weather - Some states have more earthquakes, tornados, floods, sandstorms, etc. If you are not familiar with the appropriate safety tips, check on the Internet or find other information.

Remember when you go on a vacation do not look like a tourist.

- Use common sense.

- Don't wear expensive accessories which make you a target.

- Avoid putting personal items in your back pocket.

- Do not carry a large bag; use a small one when traveling in urban locations. Wear it across your shoulder and hold on to the strap.

- Do not leave valuables out in view in hotel rooms.

- Always travel in pairs or groups and avoid temptation to wander off alone.

- Always be aware of your surroundings.

WEDNESDAY, MAY 1, 2013 CLASS



SATURDAY, MAY 4, 2013 CLASS



Class Sign In

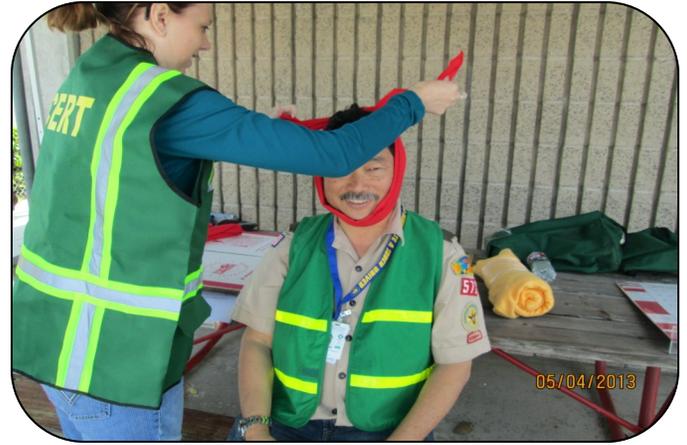
First AID Instructors



SATURDAY, MAY 4, 2013 CLASS



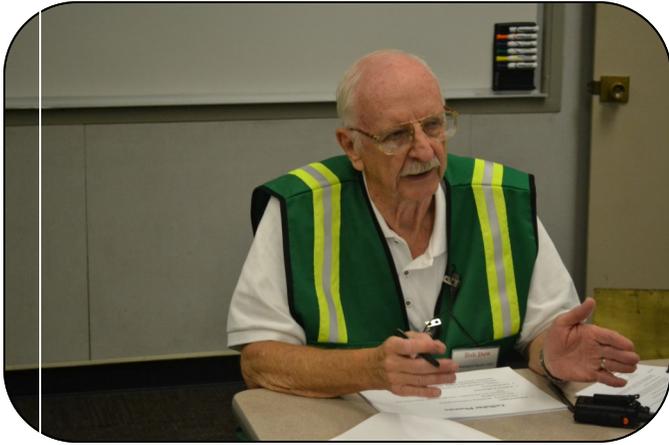
SATURDAY, MAY 4, 2013 CLASS



SATURDAY, MAY 4, 2013 CLASS



SATURDAY, MAY 4, 2013 CLASS



TEAM COMPETITION WINNERS



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, June 22nd - 10 AM to 1 PM
• Wednesday, June 26th - 6 PM to 9 PM
• Saturday, July 20nd - 10 AM to 1 PM
• Wednesday, July 24th - 6 PM to 9 PM
• Saturday, August 17nd - 10 AM to 1 PM
• Wednesday, August 28th - 6 PM to 9 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

- June 13, 2013 6:30pm General meeting in B7/B8.
• June 22, 2013 9:00am to 4:00pm Alternative Cooking in Central Park
• July 4, 2013 CERT March in Parade
• July 4, 2013 CERT Staff First Aid Booth during Parade at Clay Street end
• July 11, 2013 6:30pm General meeting in B7/B8.

CERT Database

Fire Department Volunteers (CERT members) have the opportunity to be added to the new CERT database by contacting Peter Petrelis at ggpworks@verizon.net to update their information.

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



Dangers Could Be Lurking in Foods Barbecued on the Grill



Be careful when eating a hamburger or steak grilled on an outdoor grill. The Center for Disease Control issued a warning in July 2012 that undetected wire bristles left by grill cleaning brushes can work their way into foods cooked on the grill. Eating those foods can result in injuries ranging from puncture of the soft tissues of the neck, causing severe pain on swallowing, to perforation of the gastrointestinal tract requiring emergency surgery. Awareness of this potential injury among health care professionals is critical to facilitate timely diagnosis and treatment.

Before cooking, you should examine the grill surface carefully for the presence of bristles that might have dislodged from the grill brush and could embed in cooked food. Alternative grill-cleaning methods or products might be considered.

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!)