



CITY OF HUNTINGTON BEACH CERT NEWSLETTER

September-October 2016

SINCE 1991

HB CERT HIGHLIGHTS

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October 13 General Meeting

By Carol Burtis

Please join us to hear from the Red Cross on their response to the Blue Cut Fire in August as well as other opportunities for CERT volunteers to work with the Red Cross. The meeting will be October 13, 2016, 6:30 pm at City Hall Room B8.

The Orange County Sanitation District Presentation

By Phil Burtis

The September 8, 2016 general CERT monthly meeting featured a presentation by Jennifer Cabral and George Riviera of the Orange County Sanitation District (OCSD). Jennifer's talk focused on how the OCSD handles all the water and other items that we dispose of down the drain and how they process it.

She discussed a new program by the OCSD called the "What 2 Flush" initiative. They decided to make it simple - just three "P's". Yes, you guessed right; pee, poo, and paper. The idea is that rather than focusing on all the things NOT to flush down the drains (everything else!) it's just easier to remember what is OK.

An interesting aspect of that is who is responsible for what, as water goes down your drain. The pipes in your house all eventually tie into a city pipe, which typically is under the street. Anything you put in your pipes that would cause a clog BEFORE it gets to the city pipe is your responsibility to get fixed. (Last time that happened to us, it was a \$100 bill). It then flows through city pipes and finally flows to an OCSD trunk line. If something happens on the city lines, the City of Huntington Beach has to send their people and equipment to handle the situation. Once it enters the OCSD trunk line of course, any problems downstream from that are handled by OCSD itself.

Once it reaches the OCSD facilities, it can end up in several places. The best use for just the water parts is to send it to the Orange County Water District (see the July newsletter) and have it recycled via the Groundwater Replenishment System (GWRS.) Another

outcome is an ocean outflow is a pipe running five miles offshore. More solid waste is processed into a biogas which is burned to produce electricity to power the OCSD facility. OCSD saves on the order of \$1 million each year by generating their own power which helps lower our rates.

George Rivera, who is in charge of OCSD disaster planning, gave us some insight into the OCSD disaster response protocols. They too operate in an ICS environment should something happen. Their plan calls first for safety of their personnel followed by the securing of their facilities. Once that is complete, they then attend to whatever problems have been identified. They have the ability to divert flow around breakages and can re-route from the HB plant to the FV plant as needed. If power should be lost, they have portable generators that can be used to power their pumping stations and plants.

All in all, it was a very informative meeting. We offer up many thanks to Jennifer and George for their time and consideration. And also a big thank-you to all CERT folks who showed up! Next meeting is October 13th!

The website for the Orange County Sanitation District is: www.oscd.com

If we can generate enough interest (say 15 to 20 people) we can arrange for a private tour of their facility. We could possibly even piggyback with an OCWD/GWRS facility tour as well, if there is enough interest. Send a note to the EOC email if you'd like to participate so we know the interest level. (EOCLiaison@surfcity-hb.org)

Senior Saturday Community Festival

On Saturday, September 10, 2016, several CERT volunteers helped to set up and take down tables for the event vendors. CERT also had a booth where demonstrations of CPR were performed on the first aid dummies, class information was handed out, and questions about CERT were answered. A good time was had by all who participated.

Alert OC

On September 22, 2016, Orange County tested its Alert OC system, a mass notification system designed to keep residents and businesses informed of emergencies and certain community events. AlertOC is operated by the County of Orange in collaboration with local cities.

A recorded message was sent to home and cell phones as well as text messages were sent to cell phones, e-mail accounts and hearing-impaired receiving devices. Huntington Beach CERT coordinator, Carol Burtis and volunteer, Maria Young, answered calls at the Orange County EOC from concerned residents who had received the recorded message. There are always some people who have questions after receiving the call.

If you haven't already done so, register now with AlertOC to receive time-sensitive voice messages from the County or City in which you live or work. You can register your home, cell and/or business phone.

To sign up for Alert OC, go to:

<https://member.everbridge.net/index/453003085613900#/login>



With the Breitling Huntington Beach Air show coming to Huntington Beach in October, the following article from Backdoor Survival is especially timely.

Situational Awareness Could Save Your Life by Joe Alton, MD

On France's equivalent of Independence Day, a large truck with multiple occupants plowed through a large crowd in the southern city of Nice and engaged in a gunfight with police. Bystanders noted that the truck appeared to accelerate into the festive throng, killing dozens and injuring many more.

It seems that you can't read the news without a report of a terror event somewhere and it's clear that there will be more to come. Although we don't know the exact circumstances at this early stage, I believe that this is just part and parcel of what I've called the "New Normal" in recent articles.

I've mentioned the concept of "situational awareness"

as a way to decrease your chances of becoming a victim in future terror attacks. In these days of Pokémon Go and other Smartphone distractions, you're seeing more and more people not paying attention to their surroundings. In the past, this might get you a bump on the head for walking into a lamp post. In today's world, however, it could cost you your life.

Situational awareness involves understanding what's going on in your immediate vicinity that might be hazardous to your health. I don't mean second-hand smoke here; I'm talking about knowing what dangers may exist that you can avoid or abolish with your actions. Especially important for soldiers in a combat zone, it's now become just as important for the average citizen in any large crowd.

In an area-at-risk (anyplace where multitudes of people gather), simple things might save your life. Things like not having your hoodie up so you cannot see around you, which can be like blinders on a horse. Things like making a mental note of the nearest exit at the mall. Things like looking around for people who are nervous or, perhaps, dressed too warm for the weather. The situationally aware person will have the best chance to plan an escape when an attack occurs.

In Nice, France, the terrorists waited for the crowd to be distracted by fireworks. Spectators who had their eyes glued to the sky wouldn't have time to react, and this greatly increased the casualty count. The situationally aware person would always be looking around for possible threats, and these days in France, the threats are everywhere.

In such a crowd, it would pay to be at the fringes and not in the middle. Having a wall to your back would eliminate a danger that might come at you from behind. Indoors, for example, in a movie theatre, you want a view of the exits as well as the screen. If someone is behaving strangely, move away from them. If someone is screaming at the employee at the local burger joint ("I said NO CHEESE!"), maybe you should leave and order a pizza instead.

It's difficult to instill a culture of situational awareness in a population, but it can be done if you start early. When you're out with the kids, tell them to pay attention to what's going on where you are. Once the family has left the area, ask them how many people were there, what they were wearing, or other details. Ask them what they would have done if there was an attack. Do this often enough, and they may begin to pay less attention to their smart phones and more to their surroundings.

All this attention to detail may seem paranoid to you, but it's time to realize that these are dangerous times. Incorporate situational awareness into a calm, observant mindset and you'll gain those extra seconds that could have meant the difference between life and death for so many in Nice.

By Joe Alton, MD, of www.doomandbloom.net
Co-Author, [The Survival Medicine Handbook](http://www.backdoorsurvival.com/situational-awareness-can-save-your-life)
<http://www.backdoorsurvival.com/situational-awareness-can-save-your-life>

Be Prepared and Aware of Steps to Keep Children Safe in Schools

By Anna Pinter

The months of August and September 2016 have passed and all the tasks for sending our children back to school have been accomplished. October is here and everyone is back into the routine of daily plans, scheduling homework, sports, and other activities. The question is, have you ever thought about the safety of your child if a manmade or natural disaster occurs? Where will you be if an earthquake or other disaster happens when your child is at school? Will you be home, at work, on a freeway? Stop and think, is your family and school prepared?

October is a good time to think about preparedness and ask questions of your school and school district. Schools have plans, but do you know what these plans are and how you will be united with your child after a disaster?

Teachers and parents knowing how to react and how to respond when a crisis occurs will help keep students out of harm's way. The following website will educate you on many of the questions you will want answered as you educate yourself on the safety of your child and how schools are entrusted to provide a safe environment.

Website is provided by the California Governor's Office of Emergency Services (Cal OES):

<http://www.caloes.ca.gov/cal-oes-divisions/planning-preparedness/school-emergency-planning-safety>

Huntington Beach CERT and Huntington Beach RACES worked together during the blackout that affected Senior Citizens in two senior living complexes in Huntington Beach. The article below was written and published in the ARRL (Amateur Radio Relay League) ARES (Amateur Radio Emergency Service) newsletter. Although it did not go viral, it was picked up by various other ham radio publications.

RACES/CERT Personnel Assist Seniors During Blackout in Huntington Beach (California) RACES was activated on Saturday, June 4, 2016 when the power went out at both the *Huntington Gardens* and *Five Points Senior Apartments*. The Huntington Gardens is 14 stories tall, and the Five Points is five stories.

At the *Huntington Gardens* when the power went out, a generator supplied power to the hallways and elevators, but there was no power to the individual living units and telephone system. Consequently, the residents had no lights or any way of calling 911 in case of an emergency. At the *Five Points Senior Apartments* there was complete power failure, with no

generator, lights, or elevator service. The facility was in complete darkness.

Huntington Beach RACES (Radio Amateur Civil Emergency Service) and CERT (Community Emergency Response Team) members were immediately activated by Brevyn Mettler, Emergency Services Coordinator. An automated call-up, email and text alerts went out to all RACES and CERT members. Steve Graboff, W6GOS, RACES Chief Radio Officer, and Steve Albert, KE6OCE, Assistant Radio Officer, started a two meter net and logged in responding and available communicators. Within minutes, operators who checked into the net were advised to proceed to the staging area at the entrance to the City Council chambers at the Huntington Beach City Hall.

Graboff said, "The response to the call to activation by HBRACES was impressive. The professional communications skills displayed by the operators were outstanding. The quality of HBRACES training was clearly evident in all of our responders, including those deployed in the field and others who were assigned to the incident command post. I am extremely proud of the Huntington Beach RACES response to this immediate, unexpected, call to activation."

HBRACES communicators were paired with a Huntington Beach CERT responder, and the pairs were assigned to each floor of the two facilities. With this arrangement, both communication and rapid response functions would be available in the event of any emergency or priority situation. This was the first time Huntington Beach RACES and CERT members had been deployed in pairs, whereas previous joint deployments had them working cooperatively but not directly together. They were assigned a 12 hour shift from 6 PM to 6 AM.

Given the loss of electricity with blacked-out buildings, housing many frail and elderly residents created a dangerous situation, not only for these residents but also for the volunteers patrolling the floors of the buildings in the dark, looking and listening for people in need of help, or criminals looking to take advantage of the situation.

Not only was immediate aid available to the residents, but essential direct emergency communications to the Huntington Beach Fire and Police Department was instantaneous. These agencies continually supported the efforts of HBRACES and CERT throughout the duration of this incident. Although the Red Cross typically does not respond to localized power outages, in this case they dispatched a canteen truck to support the volunteers with snacks and coffee. The cause of the power failure was a chain reaction fire/explosion in the underground Southern California electric vaults in the area.

Graboff said, "The pairing of RACES and CERT brought an impressive set of skills together to serve the health and welfare of all at the incident site. Having

RACES/CERT (continued from page 3)

both organizations working together created a safer environment for the volunteers since they were not alone. They also brought essential communications and CERT training to each floor of the buildings. RACES and CERT worked well together, and I believe this is a response model we will use again in the future."

Carol Burtis, the CERT Coordinator, said, "This event turned into an extremely well coordinated mutual-agency response situation and proved the ability to rapidly stage on the order of 60 people in a very short period of time. The reward came the following morning when several residents thanked the RACES and CERT volunteers for being there; one resident said specifically 'that knowing we were in the hallway was the only thing that allowed her to get sleepy that night.'"

Lessons Learned:

It was found that 12 hours on duty is a long shift, especially in the dark of night, so in the future RACES may adjust its protocol to a shorter shift time of six hours, staging personnel to rotate every six hours and rest in between.

This "no warning" immediate activation was a wake-up call to all Huntington Beach RACES operators to be sure their "grab and go bags" are always ready with essential gear, especially flashlights and extra batteries, food, water, and personal items such as spare reading glasses and a small supply of personal medications that need to be taken.

Conjunctivitis

By Raji Shunmugavel

One morning in June, I woke up, looked in the mirror and I saw bloody lines on the left side of my left eye. It was not a good look. I could see clearly, and there was no pain. I was well enough to read my BOEING VITAL MEASURES GUIDE by the Boeing-sponsored wellness program. Since there was no pain or visual disturbances, I decided to wait and see. Within a day or two it was gone and I resumed my normal activities.

Two weeks later, I again looked in the mirror and found a heavy bloody look in my left eye. Still I did not have any visual disturbances and there was no pain. But I was very scared.

I called for an appointment with our Ophthalmologist. I described my symptoms using

the word "hemorrhage," but since there was no pain or visual disturbances, the receptionist decided I could wait several days to see the doctor. I wondered why the doctor or the receptionist did not seem to think my problem was serious enough to give me an earlier appointment.

When I finally saw the doctor, three days after the problem began, she diagnosed it as Conjunctivitis. It was caused by allergies; I might have rubbed only the left side of the eye subconsciously and then caused the bloody eye. It would cure on its own. There was no bleeding insidiously. It was only in the left white side of the eye where the blood vessels were broken and the blood would be reabsorbed in five days. I did the right thing by having the doctor check it out. There was no follow up appointment necessary, and I am still fine.

The Boeing Practical Guide to Everyday Health Decisions, page 44 states: "Conjunctivitis can be caused by viruses, bacteria, allergies, pollution, or other irritants. Some forms of pinkeye can be contagious. Conjunctivitis caused by allergies, pollution, or irritants is not contagious, but viral or bacterial forms of pinkeye can be very contagious. Medical providers treat bacterial conjunctivitis with antibiotic ointments or eye drops (antibiotics have no effect on viruses), but the infection will often clear up on its own within 5 days. However, if left untreated for long, some forms of conjunctivitis can seriously damage the eyes. The most common form of conjunctivitis is caused by a virus similar to the type that causes a cold."

I had several questions about my episodes: How about public appearances and what if I was away from the comfort of home or in foreign land? The Ophthalmologist answered that she is used to receiving calls from her patients who are on vacation. The tourism industry is well prepared to take care of health issues as they come up. First aid and health care are for everyone and anywhere. About the public appearances, one's eye health and care are more important than how we look in the public. Because I thought children might be frightened by the bloody appearance of my eye, I decided to stay out of the public view.

My both bloody eye episodes were not serious. Still I decided to take a break for two weeks. I canceled my CERT US Open of Surfing volunteering and did not attend the CERT monthly meeting. Coincidentally, I heard the news about my father's death back home of a heart attack. Tears were running but not the blood.

9/11 Ceremony at City Hall September 11, 2016

A Poem

By Barbara Ann Scott



Beautiful Ceremony
9/11 Remembered
A Dedication.

Police, Firemen
New York and Huntington Beach
Solidarity.

A Moving Tribute
By The Port Authority
Standing Ovation.

Presentation for
World Trade Center Flag given
To Huntington Beach.

A fly over and
Kilted Bagpipers and Drums
Noble Color Guard.

This Memorial
To Honor Those Who Gave Their All
Built at City Hall.

Granite Towers rise
World Trade Centers of Business
Reduced To Rubble.

Painful Reminder
Pieces Of Steel From Towers
For Everyone To See.

The Base Is Five Sides
To Reflect The Pentagon
Shows Flight Numbers Lost.

There Were Survivors
Who Were Not There Because Of
Some Strange Twist Of Fate.

On That Tuesday Morn
All Lives Changed For Ever More
We Must Not Forget.

ORANGE COUNTY SANITATION DISTRICT PRESENTATION: PHOTOS OF SELECTED SLIDES, SEPTEMBER 8 GENERAL MEETING

Tonight:




Jennifer M. Cabral

Principal Public Affairs Specialist
Orange County Sanitation District



OCSD Service Area

- 471 square miles
- 2.5 million population
- 20 cities, 4 special districts
- 15 pumping stations
- 2 treatment plants

Orange County

La Habra, Brea, Fullerton, Buena Park, Placentia, Yorba Linda, Anaheim, Villa Park, La Palma, Cypress, Anaheim, Orange, Santa Ana, Tustin, Los Alamitos, Garden Grove, Westminister, Fountain Valley, Huntington Beach, Reclamation Plant No. 1, Pacific Ocean, Treatment, Newport Beach, Costa Mesa, Irvine

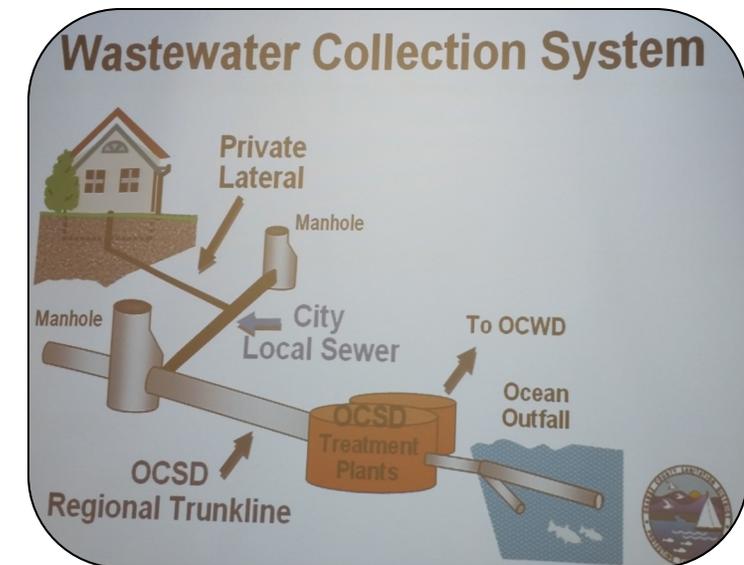
Wastewater Jeopardy

How much wastewater comes from 2.5 million people each day?

OCSD collects and treats 184 million gallons per day of wastewater; enough water to fill the Angel Stadium



3 TIMES!!!

Energy Resource Recovery

We are energy producers – producing biogas, a natural byproduct of the treatment process, which fuels our treatment facilities.



**ORANGE COUNTY SANITATION DISTRICT PRESENTATION:
PHOTOS OF SELECTED SLIDES, SEPTEMBER 8 GENERAL MEETING**

Solids Resource Recovery

OCSD's Management Portfolio

We are producers of soil amendments for agricultural use.



Syngro
Compost **43%**
Average cost: \$73/ton
Total cost \$8.7 million

Orange County
Landfill with
biogas recovery
for energy **6.5%**
Average cost \$53/ton
Total cost \$1.2 million

Tule Ranch
Fertilized Application
Growing hay **48.5%**
Average cost \$55/ton
Total cost \$7.3 million



The Drain Is Not A Dump



**WHAT 2
FLUSH**



Orange County Sanitation District



"We protect public health and the environment by providing effective wastewater collection, treatment, and recycling."

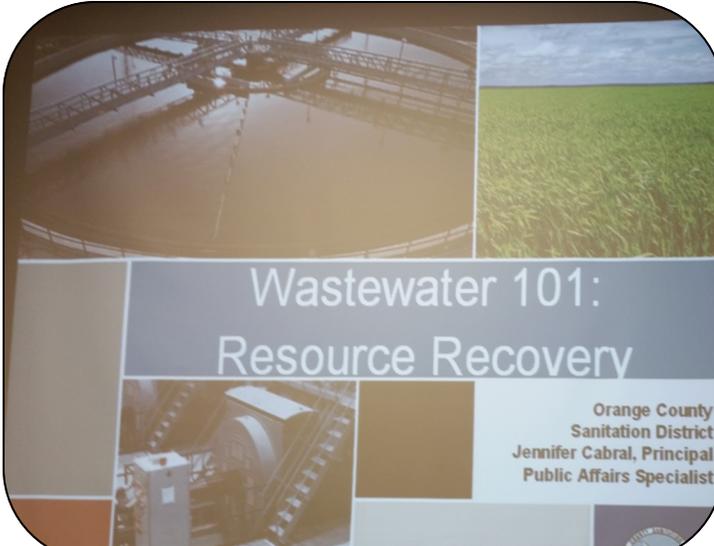


Be Social - Connect with Us!



@ocsewers

Please visit our website www.ocsd.com

Wastewater 101: Resource Recovery

Orange County
Sanitation District
Jennifer Cabral, Principal
Public Affairs Specialist



CERT BOOTH AT SENIOR SATURDAY SEPTEMBER 10, 2016



CERT BOOTH AT SENIOR SATURDAY SEPTEMBER 10, 2016



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, 6:30 PM
October 13, 2016 in B8
- Breitling HB Airshow, October 20, 21, 22, 2016
(CERT staffing)
- CERT General Membership Meeting, 6:30 PM
November 10, 2016 in B8

CPR Classes

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

- Saturday, October 8, 10:00 am – 1:00 pm
- Wednesday, October 19, 6:00pm—9:00pm
- Saturday, November 12, 10:00 am – 1:00 pm
- Saturday, December 10, 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.

HB CERT Newsletter Staff

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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!)