

CITY OF HUNTINGTON BEACH CERT NEWSLETTER

October 2010

SINCE 1991



HB CERT
HIGHLIGHTS

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President's Message
By Judy Ann Morris
jamorris189@yahoo.com

SHAKEOUT PAST, PRESENT, AND FUTURE....

The Great California ShakeOut began in 2008, as the Great Southern California ShakeOut, an effort to educate the public about emergency management during a large earthquake. It was the largest earthquake drill in U.S. history at the time, with a total of 5.4 million participants spanning eight counties in the southern part of the state.

This October CERT Newsletter is devoted mainly to the "The Great California ShakeOut" drill on October 21, 2010 at 10:21am. Please go to www.shakeout.org/drill/ to find out how your family, neighborhood, church, school, business, and community group can participate and register today. The California ShakeOut drill will be held on the third Thursday of October each year.

More than 6.9 million Californians participated in 2009, practicing Drop, Cover, and Hold On and other aspects of family, school, and organizational emergency plans.

For 2010, Californians are also encouraged to "Secure Your Space" to reduce potential damage and injuries. www.earthquakecountry.info/daretoprepare/secure_your_space



A Special Thank You to CERT Booth and Logistics Teams from Huntington Beach Council on Aging

By Judy Ann Morris

Thank you CERT volunteers for all your hard work for the 2010 Senior Saturday Festival. Thank you for your leadership in helping set up and tear down. It was the fastest tear down in history.

Senior Saturday is a great venue for the CERT Booth Team to interact with residents that CERT wouldn't normally reach. Logistics Team, without you the Senior Saturday venue would have never met our time deadlines.



The profits from Senior Saturday are earmarked to pay for a Social Worker for our HB frail and elderly. As you can tell, besides Disaster Preparedness, the need for every senior to have an advocate to help them live as they wish is very important to me. There are many in HB that have no one to help them except for the social programs that are funded by the Huntington Beach Council on Aging (HBCOA.)



Barbara and Tom Whalen winners of Senior Saturday CERT raffle prize

Upcoming Events

- October 7, 2010 - 6:00pm: Management Meeting in the EOC open to all HB CERT Members
- October 7, 2010 - 7:00pm: Class of 2010 Graduation & annual CERT Awards in Council Chambers, all HB CERT members and families are invited
- October 9, 2010 - 9am to 3pm: Fire Department open house at the Gothard Fire Training Station, public is invited
- October 21, 2010 - Great California Shakeout (see article in this newsletter)
- October 23, 2010 - Flu Shot Clinic at Huntington Beach Hospital, call HB Hospital for details
- Election of CERT Officers and by-law changes: Ballots will be mailed out mid-October to CERT members
- November 4, 2010 - 6:00pm: Management Meeting in the EOC open to all HB CERT Members
- November 10, 2010 - 6:30pm-9:00pm Command Post training in EOC
- There will not be a December management meeting
- Fire Med customers can take CPR classes for free and non-FireMed customers can take classes for a fee. Dates are listed below:
 - 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.

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 (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 for an appointment time.

2010 Elected CERT Officers:

President - Judy Ann Morris
jamorris189@yahoo.com

1st Vice President – Peter Petrelis
pgpworks1@verizon.net

2nd Vice President – Richard Batistelli
rbatistell@aol.com

Secretary – Juanita Walker
Treasurer – Esther Whitton
DSW Manager – Kim Louie

CONGRATULATIONS!!



Tara Twitty and John Fort were married August 14, 2010. Mr. and Mrs. Fort have been CERT members for a long time and are currently both CERT team leaders. We wish them a long happy life!



John arrived in style!

PROTECT YOURSELF DURING AN EARTHQUAKE...

DROP, COVER, AND HOLD ON!

OFFICIAL RESCUE TEAMS from the U.S. and other countries who have searched for trapped people in collapsed structures around the world, as well as emergency managers, researchers, and school safety advocates, all agree that "Drop, Cover, and Hold On" is the appropriate action to reduce injury and death during earthquakes. Methods like standing in a doorway, running outside, and "Triangle of Life" method are considered dangerous and are not recommended (see below).

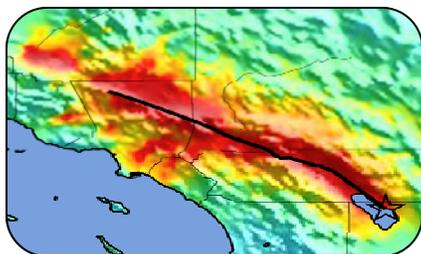
DO NOT get in the "Triangle of Life"

In recent years, an E-mail has been circulating which describes an alternative to the long-established "Drop, Cover, and Hold On" advice. The so-called "Triangle of Life" and some of the other actions recommended in the E-mail are potentially life threatening, and the credibility of the source of these recommendations has been broadly questioned.

Please help! If you have received an email about the "Triangle of Life" please respond to its sender by directing them to: www.earthquakecountry.info/dropcoverholdon/

WHAT TO DO IMMEDIATELY WHEN SHAKING BEGINS

See: www.dropcoverholdon.org



Shake Map

Representation of shaking produced by 7.8 earthquake.

Your past experience in earthquakes may give you a false sense of safety; you didn't do anything, or you ran outside, yet you survived with no injuries. Or perhaps you got under your desk and others thought you overreacted. However, you likely have never experienced the kind of strong earthquake shaking that is possible in many large earthquakes. Sudden and intense back and forth motions of several feet per second will cause the floor or the ground to jerk sideways out from under you, and every unsecured object around you could topple, fall, or become airborne, potentially causing serious injury. This is why you must learn to immediately protect yourself after the first jolt... don't wait to see if the earthquake shaking will be strong!

In MOST situations, you will reduce your chance of injury if you:

* **DROP** down onto your hands and knees (before the earthquake knocks you down). This position protects you from falling but allows you to still move if necessary.

* **COVER** your head and neck (and your entire body if possible) under a sturdy table or desk (shelter.) If there is no shelter nearby, only then should you get down near an interior wall (or next to low-lying furniture that won't fall on you), and cover your head and neck with your arms and hands.

* **HOLD ON** to your shelter (or to your head and neck) until the shaking stops. Be prepared to move with your shelter if the shaking shifts it around.

Wherever you are, protect yourself! You may be in a situation where you cannot find shelter beneath furniture (or low against a wall, with your arms covering your head and neck). It is important to think about what you will do to protect yourself wherever you are. What if you are driving, in a theater, in bed, at the beach, etc.?

WHY RESCUERS AND EXPERTS RECOMMEND DROP, COVER, AND HOLD ON

The greatest danger is from falling and flying objects: Studies of injuries and deaths caused by earthquakes over the last several decades show that you are much more likely to be injured by falling or flying objects (TVs, lamps, glass, bookcases, etc.) than to die in a collapsed building. "Drop, Cover, and Hold On" (as described above) will protect you from most of these injuries.

If there is no furniture nearby, you can still reduce the chance of injury from falling objects by getting down next to an interior wall and covering your head and neck with your arms (exterior walls are more likely to collapse and have windows that may break). If you are in bed, the best thing to do is to stay there and cover your head with a pillow. Studies of injuries in earthquakes show that people who moved from their beds would not have been injured if they had remained in bed.

You can also reduce your chance of injury or damage to your belongings by securing them in the first place. Secure top heavy furniture to walls with flexible straps. Use earthquake putty or Velcro fasteners for objects on tables, shelves, or other furniture. Install safety latches on cabinets to keep them closed. Instructions for how to "secure your space" are at www.daretoprepare.org.

Building collapse is less of a danger: While images of collapsed structures in earthquakes around the world are frightening and get the most attention from the media, most buildings do not collapse at all, and few completely collapse. In earthquake prone areas of the U.S. and in many other countries, strict building codes have worked to greatly reduce the potential of structure

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PROTECT YOURSELF DURING AN EARTHQUAKE...

DROP, COVER, AND HOLD ON!

collapse. However, there is the possibility of structural failure in certain building types, especially unreinforced masonry (brick buildings), and in certain structures constructed before the latest building codes. Rescue professionals are trained to understand how these structures collapse in order to identify potential locations of survivors within "survivable void spaces."

The main goal of "Drop, Cover, and Hold On" is to protect you from falling and flying debris and other nonstructural hazards, and to increase the chance of your ending up in a Survivable Void Space if the building actually collapses. The space under a sturdy table or desk is likely to remain even if the building collapses. Pictures from around the world show tables and desks standing with rubble all around them, and even holding up floors that have collapsed. Experienced rescuers agree that successfully predicting other safe locations in advance is nearly impossible, as where these voids will be depends on the direction of the shaking and many other factors.

The ONLY exception to the "Drop, Cover and Hold On" rule is if you are in a country with unengineered construction, and if you are on the ground floor of an unreinforced mud-brick (adobe) building, with a heavy ceiling. In that case, you should try to move quickly outside to an open space. This cannot be recommended as a substitute for building earthquake-resistant structures in the first place!



www.dropcoverhold.org
<http://www.shakeout.org/dropcoverholdon/>
www.urbanlegends.about.com/library/bl_triangle_of_life.htm
www.oc-redcross.org/article.aspx?a=7792
www.gsapubs.org

FireMed Paramedic Subscription Program

HB City website: www.ci.huntington-beach.ca.us/government/departments/fire/FireMed/

FireMed, an official program of the Huntington Beach Fire Department, is a voluntary membership program that improves the quality of emergency medical services right here in our own community. As a FireMed member you receive:

- No out-of-pocket cost* for paramedic and emergency ambulance service provided by the Huntington Beach Fire Department.

- Coverage for your entire household, anywhere in the City of Huntington Beach (emergency ambulance transportation is allowable to hospitals outside of the City).

- Umbrella coverage for visitors who suffer an emergency medical incident at a FireMed household.

- The Medical Information Program - a vital information resource used by paramedics in an emergency.

Free American Heart Association [CPR Classes](#).

*Those members without insurance at the time of the emergency medical incident will receive a 20% discount on the total bill. Discounts are not given to non-FireMed members.



Since it began in 1990, the FireMed Program has provided funding for additional paramedics, advanced training, and emergency medical equipment. Funding from this program has placed paramedics in all eight Huntington Beach fire stations, and enhanced emergency transportation with the Ambulance Operator/Fire Intern Program. Your membership helps firefighters and paramedics respond as quickly as possible to save lives.

All residents of Huntington Beach are eligible to join. Your \$60 annual membership fee covers you and all the people who live at your residence. By joining FireMed, you and your entire household can save money while helping to improve the quality of paramedic service right here in Huntington Beach. Support a program that is saving the life of your neighbor, your loved one, or even your own!

For further information regarding the FireMed Program, call (714) 374-1598 or visit our [FireMed Frequently Asked Questions](#) page. You can also click here for the [FireMed Fact Sheet](#).

To join FireMed, complete a [membership application](#). You can also e-mail us at [FireMed Program](#).

Note: Medi-Cal plans may provide "payment in full" coverage for non-FireMed members if a share of the cost is not required. However, those covered by Medi-Cal may still wish to join the FireMed Program for coverage provided to others in their household or for other FireMed benefits.



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.

Plan Ahead for Winter Storms

By Roy Azula

As October and the possibility of winter rains and flooding threatens Huntington Beach, it is time to remind ourselves of the necessity to clean all gutters and storm drains.

I just took my green trash container, shovel, rake and went down my street to clear the debris that collected in front of the street storm drain and along the street gutter. My street storm drains have a history of being clogged with debris that caused flooding into homes. If your home has roof gutters, check and clean, if necessary, so dirt and leaves do not prevent the draining of water during a storm.

If the street drain is filled with debris or is blocked, call H.B. Utilities Department at 714-536-5921.

Planning ahead may reduce the risk of residential flooding.

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For those who do not receive the newsletter by email, you can go to the CERT website: 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,
CERT Message line 714-536-5974, (THIS IS A MESSAGE LINE ONLY!)