



CITY OF HUNTINGTON BEACH CERT NEWSLETTER

SINCE 1991

Dec 2015 & Jan 2016

HB CERT HIGHLIGHTS

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CLASS 1

CERT Holiday Party

By Virginia Petrelis

By now, all of you should have received the email invitation to our CERT Holiday Party (potluck) to be held Saturday, December 12 at the Rodgers Seniors’ Center. Don’t forget to RSVP Judy Ann Morris at: jamorris189@yahoo.com so we know approximately how many tables, etc. will be needed. If you want to participate in the gift exchange, please bring a gift (not to exceed \$15.)

Don’t miss this fun-filled event! The more the merrier!

Goodbye from Stephanie

By Stephanie Vazquez Poling

It is bittersweet that I announce my departure from the Huntington Beach Fire Department and Huntington Beach CERT. It has been a wonderful experience working alongside you for the past year and a half. It has been a privilege to know and work with so many passionate community members. While choosing to leave was a difficult decision for me, I have been offered the opportunity to train as a Public Health and Emergency Management fellow at the Centers for Disease Control (CDC) in Atlanta, Georgia.

Many of you know I spent my undergraduate academic career immersed in public health and the biological sciences. It has been my long time goal to one day work in disaster relief as an Infectious Disease Epidemiologist. I knew early on reaching that goal would be a long journey. When I joined the Huntington Beach Office of Emergency Management and Homeland Security, I knew I was out of my element and knew I would learn a lot about Emergency Management as a profession. To my surprise, I learned so much more, not only Emergency Management, but about the community I was adopted into, and about the passions many of our volunteer base hold for their program and city. For all of the skills I have learned -- thank you.

While I feel there is still so much to learn in Emergency Management, I ultimately had to choose the opportunity which would enable me to combine both of my passions. My husband, Randi, and I will be relocating to Atlanta this

winter. We are very excited about our move as we both have never traveled to Atlanta, and it will be another adventure for us. It is still unclear how much longer I will be working with CERT as I have yet to receive my timeline from the CDC. I have been working on establishing guidelines and a viable framework for CERT to continue on after I leave. Please know I will not be a stranger to HB CERT as I will make sure to come in for a visit.

I hope to keep in touch with you all.

Happy Holidays,
Stephanie Vazquez

Flu Clinic at Huntington Beach Hospital

By Bob Zamalin

Once again, CERT ham radio operators assisted with traffic control during the annual Huntington Beach Hospital free drive-through flu shot clinic held on Saturday, November 7, 2015. The clinic was held from 8:00 am until 12:00 pm. Many of the “hams” arrived at 6:00 am to help the hospital personnel set up in the parking lot and stayed until 12:30 pm to take everything down.

The communicators directed traffic entering from Beach Boulevard to one of the three flu shot stations, taking into consideration the amount of work flow to each station. At the station, student nurses collected patient information and gave flu shots through the open car windows.

There were 16 ham radio communicators: Richard Batistelli, Al Collins, Mike Depin, Bob Dow, Nelly Dow (Net Control), John Downing, Hannah Kilbourne, Paul La Greek, Dennis Maloziec, Bob Parker, Peter Petrelis, Virginia Petrelis, Linda Vircks, Linda Vollmar, Steve Whitaker and Bob Zamalin.

Huntington Beach Hospital is always grateful for CERT’s help and each participant was given a small gift as a token of their appreciation.

NOTICE: Next CERT general membership meeting will be held January 14, 2016. There will not be a meeting in December.

First Aid Kits

By Susan McClaran

A well-stocked first aid kit can help you respond effectively to common injuries and emergencies. Keep at least one first-aid kit in your home and one in your car. Store your kits someplace accessible. Make sure children are mature enough to understand the purpose of the kits and know where they're stored.

You can buy first-aid kits at many drugstores or assemble your own. I recommend tailoring your own kit so you can base it on your activities and needs. Below is a sample supply list but I am not listing any meds here since in CERT, we do not disperse them to the general public. For your family and yourself, please make sure to have your personal first aid kit geared up with any medications you deem fit. There are many sites that list supplies, but for the most part a basic first-aid kit can include:

Basic supplies

- Adhesive tape
- Elastic wrap bandages
- Bandage strips and "butterfly" bandages in assorted sizes
- Nonstick sterile bandages and roller gauze in assorted sizes
- Eye shield or pad
- Triangular bandage
- Aluminum finger splint
- Instant cold packs
- Cotton balls and cotton-tipped swabs
- Disposable non-latex examination gloves, several pairs
- Duct tape
- Petroleum jelly or other lubricant
- Plastic bags, assorted sizes
- Safety pins, assorted sizes
- Scissors and tweezers
- Soap or hand sanitizer
- Antibiotic ointment
- Antiseptic solution and towelettes
- Eyewash solution
- Thermometer
- Turkey baster or other bulb suction device for flushing wounds
- Breathing barrier
- Syringe, medicine cup, or spoon
- First-aid manual

Emergency items

- Emergency phone numbers, including contact information for your family doctor and pediatrician, local emergency services, emergency road service providers, and the poison help line, which in the United States is 800-222-1222.
- Small, waterproof flashlight or headlamp and extra batteries
- Waterproof matches

- Small notepad and waterproof writing instrument
- Emergency space blanket
- Cell phone with solar charger
- Sunscreen
- Insect repellent
- Whistle

Give your kit a checkup

Check your first aid kits regularly to be sure the flashlight batteries work and to replace supplies that have expired or been used up.

Christmas is around the corner....wouldn't a first aid kit be a lovely gift for a friend or family member? OR.....when someone asks you what you want for Christmas....think about what you might need added to your first aid kit!

Tips for Coping with the Holidays

By Raji Shunmugavel

During the Christmas Holidays, schools are closed so children stay home and many offices and government facilities also close so employees have time to spend with their families. People travel to visit their relatives or they receive relatives in their house. Some families opt to go on cruises or tour other parts of the country and world.

While this is normal for most of the population, the members with special needs in the community deserve special attention during the holiday season. At our October, 2015 monthly meeting, CERT members discussed strategies to help with mentally and physically challenged members in the community by including information gathered from volunteer families. The volunteer caregivers need special training and must be aware of family sensitivities.

The following tips will ease discomfort and make the holidays more enjoyable. This includes self (if one is dealing with his or her own mental illness), adults, seniors and children.

Tips from Margarita Tartakovsky, M.S. Psych Central

<http://psychcentral.com/blog/archives/2011/12/05/9-ideas-for-coping-with-the-holidays>

- Make yourself a priority
- Avoid feeling guilty
- Keep connected
- Tune into your feelings and be honest
- Identify what you really want to do
- Plan a timeout when stress strikes
- Buddy up
- Avoid alcohol
- Laugh a lot

Tips for Coping with the Holidays (continued)

Stress-Free Kids by Lori Lite

<https://stressfreekids.com/10026/holidays-with-special-needs-children>

- Set up a safe brain-break space in the home
- Get ready
- Prepare your children for gatherings
- Use relaxation techniques
- Incorporate positive statements into your dinner
- Don't rush
- Write things down
- Schedule downtime
- Be flexible
- Let the children participate
-

Ten Tips to Help Seniors with Special Needs or Health Issues Enjoy the Holidays

From Sharon O'Brien, Senior Dating Expert

http://seniorliving.about.com/od/grandparents/a/happy_holidays.htm

- Stroll down memory lane
- Plan ahead
- Eliminate obstacles
- Avoid embarrassing moments
- Create new memories
- Be inclusive
- Reach out
- Beat the blues
- Keep on the sunny side
- Monitor medications and alcohol

Tips to help you avoid driving under the influence of alcohol

From the "2015 Driving in California" by the Auto Club (AAA) page 101

- Set a safe limit for yourself in advance and don't go above it
- Space your drinks. Try not to have more than one drink per hour
- Eat before and while you are drinking
- Don't drink alcohol if you are taking medicine or drugs
- Designate a nondrinking driver
- Arrange alternative transportation
- Remember that coffee can't help sober you up
- Only time can lower your blood alcohol concentration (BAC)

By strictly following these tips, you can greatly lower your chances of being arrested or having a crash.

Holidays are meant to be fun-filled for everyone. The above tips will help the community as a whole enjoy a stress-free 2015 holiday season and New Year.

Thanks to "The Forts"

By Raji Shunmugavel

Beginning in 1993, CERT ham radio communicator, W6SIN, John Fort, designed our CERT communicators' roster and Wednesday night rotating net operators' schedule. In those days, the roster was mailed via the US Postal Service. When the Internet became popular, every four months John and his wife, Tara, began emailing the updated roster and rotation schedule to those CERT graduates who participate in the net. This allows all CERT members to have a chance to practice being the radio "net control operator."

If you are a federally licensed ham and "CERT Graduate" who would like to have your name added to the CERT Ham Radio list, please contact John and Tara Fort at: jefort1@earthlink.net.

If you are a federally licensed ham but have not yet graduated from the CERT Basic classes, you are welcome to check in each Wednesday net as a "Visitor".

Thank you, John and Tara Fort, for keeping our hams organized with your excellent skills, hard work and dedication to CERT all these years.

Influenza/Flu

By Anna Pinter

Influenza/flu is not a new disease. Influenza is an ever-changing virus. There have been many pandemics attributed to the influenza/flu virus. World Health Organization (WHO) describes a pandemic as the worldwide spread of a disease. An influenza pandemic occurs when a influenza virus emerges and spreads around the world to people who do not have immunity. Viruses that have caused past pandemics typically originated from animal influenza viruses.

Viral diseases like Malaria, Smallpox and Ebola cause panic and fear. The flu is often thought of as a nuisance to be dealt with which flares up during the flu season and leaves quickly only to return again giving its victims a long list of bothersome symptoms.

Influenza/Flu (continued)

Many people do not consider influenza as a terrifying disease. All diseases that strike fear with just the mention of their names, have been a scourge through the centuries. Since the first known outbreak of the virus, the Greek pestilence of 412 BC mentioned by Hippocrates, it has sporadically flared up affecting an unusually large population. It is doubtful any other communicable disease has ever infested so many lands and so many humans at one time. Influenza can spread quickly. The flu can be spread easily with a sneeze, cough, or through close contact.

Influenza

- Highly infectious viral disease
- First recorded pandemic in 1580
- At least 4 pandemics in 19th century
- Estimated 21 million deaths worldwide in pandemic of 1918-1919
- Virus first isolated in 1933

Influenza Virus

- Single stranded
- 3 types - A, B, C

Virus Strains

Type A-moderate to severe illness

- All age groups
- Humans and animals

Type B-milder disease

- Primarily affects children
- Humans only

Type C-rarely reported in Humans

- No epidemics

Vaccines

- 1933-Isolated influenza A virus in a ferret
- 1936-Isolated influenza B virus
- 1936-Influenza virus could be grown in fertilized hens' eggs
- 1950's-Studied the characteristics of the virus and the development of inactivated vaccines
- 2003-Influenza vaccines licensed
- 2015-Scientists reported they adjusted a viral protein to teach the immune system to fight groups of viruses. This is an important first step to create a universal vaccine.



CERT Holiday Party

DATE: Saturday, December 12, 2015

TIME: 5:30 pm - 9:30 pm

***PLACE: Rodgers Seniors' Center
1706 Orange Avenue, Huntington Beach***

Pot Luck Dinner

***This is the occasion to make your
favorite Appetizer, Main, Side dish or
Dessert***

Please bring your dish to serve eight

***We will have a gift exchange. If you
wish to participate, please bring a gift
(\$15 maximum.) Please, no white
elephants.***

***Please RSVP Judy Ann Morris
at jamorris189@yahoo.com indicating how many will
be attending in your party***

No Alcohol allowed



SANDBAGS

FREE

To Huntington Beach & Sunset Beach Residents

Identification Required – Please Bring ID/Driver License & Current Utility Bill.

**City of Huntington Beach Corporate Yard
17371 Gothard Street (See Map On Reverse)
West Side of Gothard Street, Between Warner & Slater Avenues
7:30 AM - 4:00 PM Monday-Friday
(714) 960-8861**

***The Corporate Yard is closed weekends and major holidays.
Hours may be extended during extreme weather conditions.***

-  Bags are for residents only – no businesses, please.
-  There is a limit of 20 bags per residence.
-  The City provides the sand and sandbags. Bring a shovel and be prepared to fill your own sandbags.
-  City staff cannot fill bags or place bags in private vehicles.
-  Resident is responsible for lawfully disposing of sand and sandbags after use.
-  Elderly and disabled residents may call the HB Fire Department CERT Message Line at (714) 536-5974 to arrange for free sandbag delivery. Resident must sign a waiver of liability when sandbags are delivered.
-  For information on flood preparedness, call the HB Fire Department Emergency Management & Homeland Security Office at (714) 374-1565.





HAM RADIO COMMUNICATORS AT HB FLU SHOT CLINIC NOV. 7, 2015



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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 Pot Luck Holiday Party, December 12, 2015, Rodgers Senior Center, 5:30pm to 9:30pm
- CERT General Membership Meeting, 6:30 PM January 14, 2016 in B8

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, Dec 12, 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

Virginia Petrelis (Editor), Peter Petrelis (Publisher), Paul LaGreek (Asst Publisher), Anna Pinter, Cynthia Goebel, Art Weiland, Carol Nehls, Bob Zamalin, Rajarajeswari (Raji) Shunmugavel, Brenda Welch

HAPPY HOLIDAYS FROM STEPHANIE AND THE CERT NEWSLETTER STAFF



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!)