



June 2015

HB CERT HIGHLIGHTS

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Reminder: Cooking in the Park

By Virginia Petrelis

Don't forget our annual Cooking in the Park will be on June 13, 2015! We are hoping for a big turnout. Let's see how prepared we are by bringing our food and equipment to the park to share with the group. Remember, if we were to lose electricity, we would first use the food in the refrigerator, then the freezer and lastly, packaged goods. In this newsletter, we have included a copy of the invitation and list of supplies you should bring.

Let's practice how it would be in a real emergency—neighbors helping neighbors. It's sure to be a new fun and educational experience.

Calling all HAMS!

By Virginia Petrelis

At our CERT General Meeting on May 14, 2015, Marshall Shipley of Huntington Beach (HB) RACES asked CERT ham radio operators to help HB RACES at the 4<sup>th</sup> of July Parade. During the parade, ham operators are extra eyes and ears for the City. They are stationed along the parade route and can notify authorities of lost children, accidents, emergencies, abandoned suitcases and suspicious behaviors. Even if you are marching in the parade, you can still wear your radio and participate. There will also be a need for ham operators at the first aid booths.

There will be special training for this event. If you can help out, please send an email to Marshall at [ssmarsh43@verizon.net](mailto:ssmarsh43@verizon.net) as soon as possible, with "4<sup>th</sup> of July Parade" on the subject line.

Upcoming August Ham Radio License Class

By Peter Petrelis

Have you ever wanted to operate a ham radio? Do you know it's necessary to have an FCC Ham Radio license to do so? In the event of an emergency, ham radios might be the only means of communication. CERT has a communications team whose members are trained to provide local communications for CERT teams. The April 2015 ham radio class was well attended and had 13 members take the test so far and all passed to receive their ham radio license.

We are now offering a second free CERT ham radio class. This is your opportunity to have help studying the ARRL licensing book and to be

tutored by experienced ham operators so you can pass the entry Level 1: Technician Class License exam.

The three-day class will be held at the HB Civic Center beginning Tuesday, August 11, 2015 for introduction and material handout:

- Tuesday: August 11 from 6:30 pm to 7:45 pm
- Friday: August 14 from 6:30 pm to 8:30 pm
- Saturday: August 15, from 8:00 am to 5:00 pm.

The discounted cost of the ARRL study book is \$27.00 (which includes tax). The licensing test will be given the following Thursday evening, August 20, 2015 at 5:30 pm at the Rodgers Senior Center in Huntington Beach. The license test cost is \$15. Ham radios can be purchased online from as low as \$50. The instruction (except for study book and license fee) is free for all CERT members. Call Peter Petrelis at 714-842-6136 or email him at [pgpworks@verizon.net](mailto:pgpworks@verizon.net) for more information or to sign up.

First Aid Corner

By Susan McClaren

I came across an article in WebMD that may be of interest to CERT Members:

"Dehydration Disasters"

You've romped outdoors with the kids all day, and your water bottle ran dry long ago. Suddenly you feel dizzy and lightheaded, and your mouth tastes like cotton. You're dehydrated -- meaning you haven't taken in enough fluids to replace those you've been sweating out.

People can get dehydrated any time of year, but it's much more common in the summer months, when they are active outdoors in the warm sun. Heatstroke is the most severe form of dehydration. That's when your internal temperature rises to dangerously high levels. Your skin gets hot, but you stop sweating. Someone with heatstroke may pass out, have hallucinations, or suffer seizures.

Preventing dehydration and heatstroke couldn't be easier: Drink plenty of fluids, especially water, take regular breaks in the shade, and try to schedule your most vigorous outdoor activities for times when the heat isn't so strong, such as early morning or late afternoon. (continued on page 2)



CLASS 1

## First Aid Corner (continued from page 1)

For persons suffering more serious dehydration or heatstroke, get them indoors, have them lie down, and cool them off with ice packs and cool cloths. Someone who is seriously affected by the heat may need intravenous fluids and should be transported to the Emergency Room.

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### Surviving a Wildfire

*By Virginia Petrelis*

Many of us go camping in the summertime. Due to the drought in California, our forests are so dry it only takes a spark to start a roaring wildfire. Put out your campfire with water. Do not leave your camp with the fire smoldering.

Always be aware of your escape routes, making sure there is more than one way out of the area. If you are asked to evacuate, don't waste any time. Don't become part of the problem and cause firefighters to have to save you instead of putting out the fire.

[www.Ready.gov](http://www.Ready.gov) offers the following advice if you are in a situation when you cannot escape:

#### Survival in a Vehicle

This is dangerous and should only be done in an emergency, but you can survive the firestorm if you stay in your car. It is much less dangerous than trying to run from a fire on foot.

Roll up windows and close air vents. Drive slowly with headlights on. Watch for other vehicles and pedestrians. Do not drive through heavy smoke.

If you have to stop, park away from the heaviest trees and brush. Turn headlights on and ignition off. Roll up windows and close air vents.

Get on the floor and cover up with a blanket or coat.

Stay in the vehicle until the main fire passes.

Stay in the car. Do not run the engine as it may stall and not restart. Air currents may rock the car. Some smoke and sparks may enter the vehicle. Temperature inside will increase. Metal gas tanks and containers rarely explode.

#### If You Are Trapped at Home

If you do find yourself trapped by wildfire while inside your home, stay inside and away from outside walls. Close doors, but leave them unlocked. Keep your entire family together and remain calm.

#### If Caught in the Open

The best temporary shelter is in a sparse fuel area. On a steep mountainside, the back side (ed: away from the fire) is safer. Avoid canyons, natural "chimneys" and saddles.

If a road is nearby, lie face down along the road cut or in the ditch on the uphill side. Cover yourself with anything that will shield you from the fire's heat.

If hiking in the back country, seek a depression with sparse fuel. Clear fuel away from the area while the fire is approaching and then lie face down in the depression and cover yourself. Stay down until after the fire passes!

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## Mobile Homes and Earthquakes

*By Virginia Petrelis*

During an earthquake, mobile homes are two to five times more vulnerable than wood frame houses. Many older mobile homes rest on slender supports that overturn in earthquakes. In strong shaking, 95% of unbraced mobile homes can fall off their foundations which occurred in the 1994 Northridge earthquake. In three Northridge mobile home parks, one in seven homes burned due to ignitions because of mobile home collapse. Collapses can injure occupants, damage homes, contents, water heaters, utilities and block safe exits, especially for occupants fleeing a fire. Earthquakes much larger than the ones that occurred 1989 and 1994 are inevitable and could happen any day.

Protect your home and family by having a good Earthquake Resistant Bracing System (ERBS), an Engineered Tie-down System (ETS) or, what earthquake experts say is the best, a reinforced concrete or reinforced masonry foundation. Make sure your water heater is braced and you have flexible gas connections on your water heater, gas appliances and to the gas meter with an automatic gas shutoff device.

Review the following websites:

Find the right contractor. For guidance, see:

[http://www.cslb.ca.gov/Consumers/Hire\\_A\\_Contractor/Finding\\_The\\_Right\\_Contractor.aspx](http://www.cslb.ca.gov/Consumers/Hire_A_Contractor/Finding_The_Right_Contractor.aspx)

Consider a General Manufactured Housing Contractor. Check licenses at:

<https://www2.cslb.ca.gov/OnlineServices/CheckLicenses/CheckLicense.aspx>

Check ERBS certification. In California, have the contractor show you the ERBS complies with CA Adm. Code, Title 25, Chapter 2, Art. 7.5.

Make sure the work is properly permitted and inspected. Monitor your contractor's work as it is being done.

The above information was compiled from SPA Risk LLC and Henderson Creative flyer at:

<http://www.sparisk.com/pubs/SPA-2014-Mobile-Homes-in-Earthquakes.pdf>

## **Summer Safe**

*By Anna Pinter*

Summer and summer vacations can be hazardous to our health. In California we are aware of natural disasters that affect thousands of people each year. Recognizing these disasters and preparing beforehand helps Californians protect themselves, their families and their communities. Californians, who heed the warnings and become informed, will assemble emergency kits, make family emergency plans and know the most likely disasters that affect California.

However, every season brings unexpected hazards that can be disastrous. During the summer months there are more visits to the emergency room. Everyday disasters can be very serious and it is important to be informed and learn protective measures before an accident ruins your summer plans. However, each emergency is unique and knowing the actions to take for each threat will impact the specific decisions and preparations you make. By learning about the following seven threats, you are preparing yourself to react in an emergency.

### **Garden and Mower Injuries**

Drought-resistant yards are becoming more prevalent. At the present time mower injuries are one of the major accidents. During the haste of getting the yard in shape many people do not take the time to remember the precautions necessary to keep toes, fingers, and hands out of the blades. People start tinkering with their mower and reach into the blades forgetting to unplug the power source.

The drought-resistant gardens and yards, now being grown in California, have their own hazards. When you plant new plants you have not grown before, always research the plants you are buying. All plants have different characteristics and may be new to the gardeners. The plants may have smells that can produce allergies, cause rashes and have prickly needles or thorns.

### **Boating Accidents**

The biggest mistake is drinking and boating. People drink alcohol all day in the sun, and then have the same accidents as when they drive a car. There is the added risk of falling overboard and getting hit by a propeller or drowning.

### **Sunburn**

Wear sunscreen and a wide-brimmed hat. Stay out of the blistering midday sun. On some overcast days you can still get serious sunburn. Educate yourself as to what to do if you get sunburn. You're going to have a pretty miserable 12 to 24 hours with the initial symptoms no matter what you do. Be wise and be sun-safe.

### **Dehydration**

People can get dehydrated anytime of the year, but summer is more common. Symptoms of dehydration:

- Bad breath
- Dry skin
- Muscle cramps
- Fever and chills
- Craving for sweets
- Headaches

Dehydration and heatstroke can occur when the body is running low on water. Drink water! Some drinks that cause dehydration are alcohol, energy drinks and other caffeine products.

### **Picnic Poisoning**

Food poisoning puts about 300,000 people in the hospital every year, hitting its peak in the summer months. Food left unrefrigerated for a couple of hours can develop nasty bacteria and ruin a picnic or family reunion. The U.S. Department of Agriculture's advice to prevent food poisoning:

- *Clean* -- Wash your hands as well as the surfaces where you'll be preparing foods.
- *Separate* -- Wrap raw meat securely and keep it stored away from other food items.
- *Cook* -- Bring along a meat thermometer. Grilling meat browns it very fast on the outside, but that doesn't mean it's safe on the inside. Steaks should be cooked to a minimum internal temperature of 145 degrees, ground beef and pork to 160 degrees, and poultry to 165 degrees.
- *Chill* -- Keep everything refrigerated as long as possible. Store perishable picnic items in an insulated cooler packed with ice, and follow the "last in, first out" rule -- whatever you're going to eat first should go at the top of the cooler.

### **Fireworks Safety**

Many people love fireworks. Every summer fireworks cause significant hand and eye injuries. There are thousands of fireworks accidents every year. The safest way to watch fireworks is at a professionally sponsored display. Some states ban the sale of consumer fireworks. Some communities even ban the sale and use of all fireworks including "safe and sane fireworks".

### **Summer Stings**

A bee or wasp sting is very painful, but for a few it can be life-threatening. Nearly seven million people in the United States have life-threatening allergies to insect stings. Most people who get stung will have pain, tenderness and swelling at the sting site. But see a doctor or go to the ER immediately when you have:

- Hives, itchiness, and swelling over large areas of your body
- Tightness in the chest or trouble breathing
- Swelling of the tongue or face
- Dizziness or feeling you will faint

The above seven summer disasters can be avoided. Educate yourself and be informed so your summer fun will be "Summer Safe."

If you wish to have more information, go to:

<http://www.ready.gov/natural-disasters>  
<http://www.webmd.com/skin-problems-and-treatments/features/top-7-summer-health-hazards>

## Emergency Food Storage

By Virginia Petrelis

How much food do you need to have stored for an emergency? How many calories are needed to feed your family? There are several on-line calorie counters such as The American Cancer Society Calorie Calculator at: <http://www.cancer.org/healthy/toolsandcalculators/calculators/app/calorie-counter-calculator> to help you figure out how many calories per day you need to maintain your current weight. The calculation is based on a person's age, gender and activity level. Do this for every member of your family.

During stressful times, you need food that is as wholesome as possible under the circumstances. Choose nutritious calories from many different food groups. Include protein, vitamin and mineral rich foods to help keep your family healthy.

Check out the number of calories contained in a package of food whether it is canned, packaged or reconstituted dried food. Divide the amount of calories by the number of people sharing the food. In your daily calorie calculation, don't forget to include snacks and beverages. An occasional sugary dessert will help combat food boredom. Don't store food that your family doesn't like. Remember—store what you eat, and eat what you store!

For more information on food storage and other emergency preparedness ideas, go to: <http://www.backdoorsurvival.com/what-to-look-for-when-shopping-for-food-storage>.

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## 2015 WeatherFest

By Peter Petrelis

On May 9, 2015, our friends from Valley Center, my wife and I attended the 2015 WeatherFest All-Hazards Preparedness Expo presented by the National Weather Service (NOAA) in San Diego. Emergency vehicles and equipment were on site. There were games for the kids and a NOAA weather radio was raffled every hour. Luckily, the little boy with our group won a radio! Lots of educational materials and preparedness guides were available.

There were representatives from San Diego County Office of Emergency Services, San Diego Gas and Electric Co., CalFire, NASA, US Border Patrol, SD Fire and Rescue, American Red Cross, Bureau of Land Management, 211, US Navy, CA Geological Survey, Western Science Center and many others. I also spoke to members of the Valley Center CERT and Riverside CERT who had booths at the event.

San Diego Gas and Electric Co. provided a detailed five page family emergency plan checklist that can be found at <http://sdge.com/safety/emergency-preparedness/emergency-checklists>

Also, ReadySanDiego.org had a similar eight page "Family Disaster Plan and Personal Survival Guide" that

can be found at <http://www.readysandiego.org/Resources/Family-Disaster-Plan-English.pdf>

Meteorologists gave tours of the National Weather Service office every 15 minutes. Information was given on how to become a "weather spotter." On-line training is available at: <http://www.wrh.noaa.gov/sqx/spotter/spotter-intro.php?wfo=sqx>.

There was also a simple demonstration of liquefaction that I found interesting. A tub was filled with sand and some water and mixed together so no water was visible.

They simulated buried pipes and a model building in the tub. The side of the tub was tapped with rubber mallet to simulate an earthquake. The pipes and water came to the surface and the building collapsed.



Photos continued on page 8

**SAVE THE DATE – JUNE 13, 2015**  
**YOU ARE INVITED TO THE**  
**3rd Annual CERT Alternate Cooking Event**  
**In Central Park 9:00am to 2:00pm**  
**FREE to CERT & Their Families**

**Learn and Practice Emergency Survival Cooking Techniques**  
**using box and Dutch ovens, camp stoves**



**Community Cooking Get-Together, Pool Food Ingredients**  
**Led by Billie Brandon, CERT Cooking Team Leader, with**  
**Virginia Petrelis, Assistant CERT Cooking Team Leader**

1. Ingredients we all bring will be put on a table to share
2. We will all get together and determine what dishes can be made from ingredients on table (for example, if potatoes, we could make baked potatoes in a box oven)
3. We will then divide into teams of 4 to 6 and prepare and cook dishes decided upon
4. We will then have a great pot luck type of lunch!

**EVERYONE PLEASE BRING FOOD INGREDIENTS** (quantity sufficient to feed your family) that will be put on a table

- **ALSO BRING ITEMS (A)** below in order to prepare and cook the meals
- **AND IF** you want to learn how to make Sauerkraut (taught by Nancy Boyer), bring Sauerkraut items **(B)**

(3rd Annual CERT Alternate Cooking Event, June 13, 2015)

**ALSO BRING ITEMS (A)**

{We will only have what everyone collectively brings}

- Table (and chairs if you want to sit)
- Chef's Knife, Spatula, Can Opener, Cooking Spoons
- Cutting Board
- Bowl
- Roasting Pan
- Long Tongs for moving Hot Coals
- Hot Pads, Fire Gloves
- Matches or Lighter
- 10 lbs. Charcoal, Charcoal Starting Chimney
- Bucket for expended Hot Coals
- Water for Drinking, Cooking
- Paper towels, Hand Sanitizer
- Ziploc Bags for Leftovers
- If you have these, very desirable survival items for cooking food, (if not, should add to your survival inventory)
  - Camp Stove and Fuel (Single Burner OK)
  - Frying Pan with Lid
  - Dutch Oven with feet
  - Box Oven with rack or pan and 4 empty pop cans filled with sand or kitty litter
- Anything else you think you may need

**FOR SAUERKRAUT, BRING ITEMS (B)**

- White Cabbage
- Carrots (grated)
- Caraway Seeds
- Sea Salt
- Bowl
- ½ gallon Jar with Lid
- Massage chopped cabbage, grated carrots and salt in bowl, get juicy, pack in Jar with weight on top of cabbage to hold down, let sit for 2 to 3 days, then refrigerate

Contacts: Billie Brandon 714-892-8497    Billej6@verizon.net  
Virginia Petrelis 714-842-6136    vapworks@yahoo.com



ORANGE COUNTY  
**RX & OTC**  
COALITION

HOW TO

# Monitor, Secure and Destroy YOUR MEDICATIONS

## MONITOR

Take inventory. Count your medications from the pharmacist. Count them as you use them. Take note of missing and quickly used medications.

## SECURE

Lock medications and reduce access. Don't leave them in a bathroom. Keep them away from children and youth.

## DESTROY

Never dispose of medications in a sink or toilet. Dissolve unused or expired medications in a baggie with kitty litter.

Follow these steps.



Preventing prescription drug abuse starts in your home. According to the U.S. Drug Enforcement Administration, more people die from over-the-counter and prescription drug abuse than from cocaine, heroin, and ecstasy combined. Safeguard your family by following these steps.

### How to properly destroy your expired and unwanted medications at home



#### What You Will Need

- Expired and unwanted medications
- Zip baggie
- Hot water (over 110° F)
- Kitty litter

#### Steps to follow

- 1** Pour unwanted/expired medications out of their original containers into a zip baggie.
- 2** Pour hot water (over 110° F — about as hot as a cup of coffee) into the baggie.
- 3** Insert kitty litter into the baggie. Seal baggie. Place in trash bin.

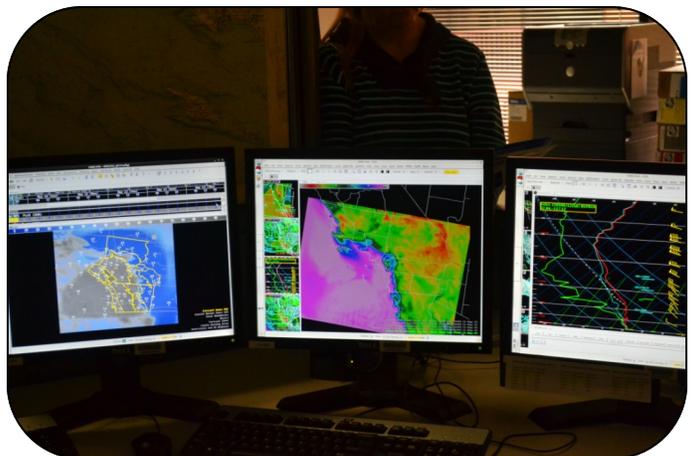
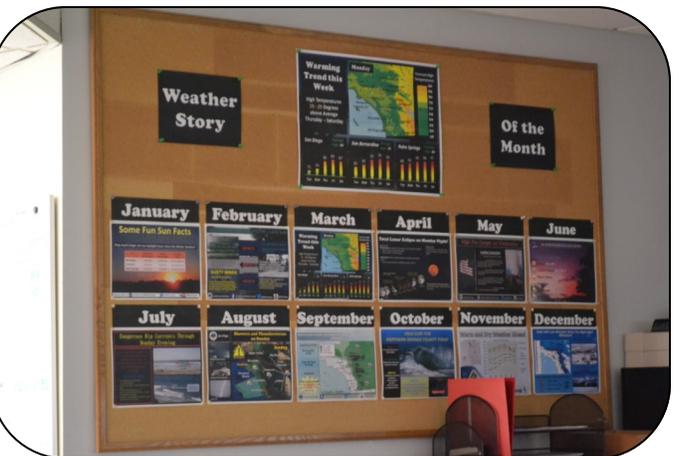
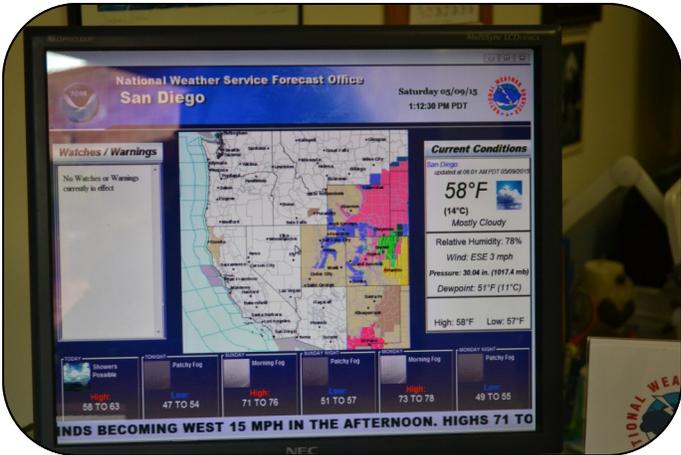
*Shred prescription labels or use a black marker to cross out label information.*

County of Orange Health Care Agency  
Alcohol and Drug Education and Prevention Team (ADEPT)  
405 W. Fifth Street, Santa Ana, CA 92701  
(714) 834-2192  
[www.ochealthinfo.com/adept](http://www.ochealthinfo.com/adept)

PHOTOS FROM MAY 9, 2015 WeatherFest (continued)



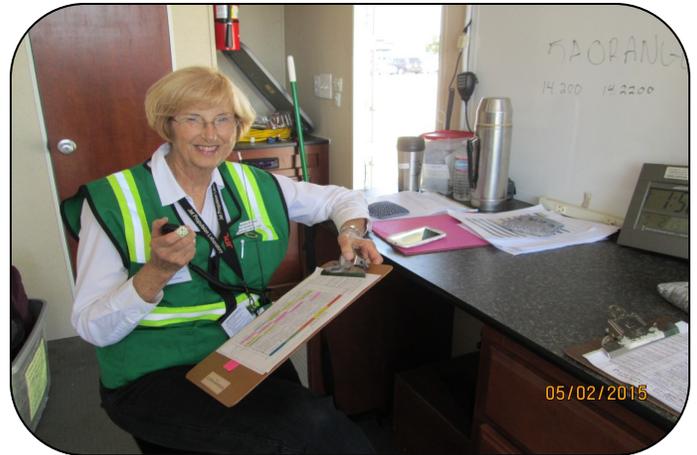
PHOTOS FROM MAY 9, 2015 WeatherFest (continued)



PHOTOS FROM MAY 2, 2015 CERT BASIC GRADUATING CLASS



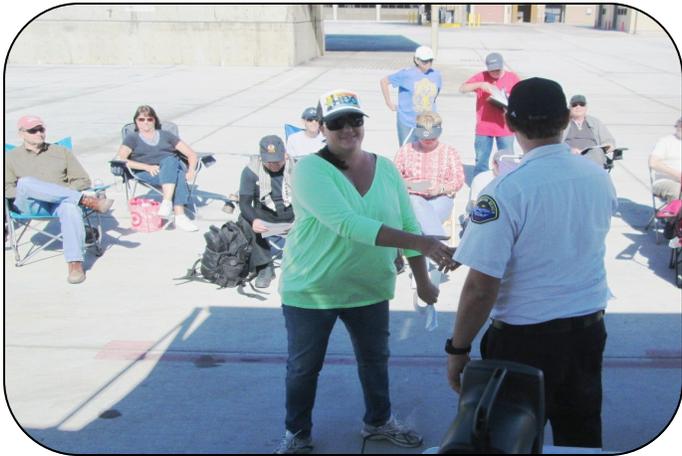
PHOTOS FROM MAY 2, 2015 CERT BASIC GRADUATING CLASS (continued)



PHOTOS FROM MAY 2, 2015 CERT BASIC GRADUATING CLASS (continued)



PHOTOS FROM MAY 2, 2015 CERT BASIC GRADUATING CLASS (continued)



PHOTOS FROM MAY 2, 2015 CERT BASIC GRADUATING CLASS (continued)



PHOTOS FROM MAY 2, 2015 CERT BASIC GRADUATING CLASS (continued)



# 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, 6:30pm June 11 2015 in B8
- CERT Cooking in the Park, 9:00am to 2:00pm, June 13, 2015
- CERT First Aid Booth, and CERT Ham radio support of RACES July 4, 2015
- CERT March in Parade July 4 pending approval, watch portal for confirmation
- CERT General membership meeting, 6:30pm July 9, 2015 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, June 13, 10:00 am – 1:00 pm
- Wednesday, June 24, 6:00 pm – 9:00 pm
- Saturday, July 11, 10:00 am – 1:00 pm
- Wednesday, July 22, 6:00 pm – 9:00 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.

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### IMPORTANT ANNOUNCEMENT!

CERT Website: [www.huntingtonbeachca.gov/cert](http://www.huntingtonbeachca.gov/cert) CERT Contact: [CERT@surfcity-hb.org](mailto:CERT@surfcity-hb.org)  
CERT Message line 714-536-5974 (THIS IS A MESSAGE LINE ONLY!)