



## Tri City C.E.R.T (Community Emergency Response Team for the cities of Gardena, Hawthorne & Lawndale) Meeting

This meeting is opened to the Community as well as ALL CERT members.

### Hydration for the Emergency Responder (Volunteer)

**This topic of hydration also applies to any person who spends time outdoors especially during the summer months.**

You will learn how proper hydration can prevent hot weather related injuries, and how it can enhance your ability to perform physical and mental tasks during hot weather.

Topics include hydration strategies for the emergency responder, a discussion of available fluid replacement options, and tips on ensuring you are well-prepared for field deployment or any other outdoor physical activity during hot weather.

**Speaker: Major Chris Storey (KA6NWK), U.S. Air Force Auxiliary Civil Air Patrol, Public Response Dispatcher for the Los Angeles County Sheriff's Department and a Training Officer for the Los Angeles County Disaster Communications Service.**

**Thursday, April 4, 2013 from 6:30-9:00 P.M.**

**6:30-7:00 P.M. CERT Social time-Meet the speaker and other CERT members over refreshments.**

**7:00-9:00 P.M. Guest Speaker**

### **Gardena Valley Baptist Church**

**1630 West 158<sup>th</sup> Street (between Denker Ave and 158<sup>th</sup> St.) in Gardena**

**Room 201 (Enter through main doors on 158<sup>th</sup> St./parking on street)**

This meeting is sponsored by Gardena Valley Baptist Church Disaster Preparedness Ministry and Tri City CERT. For more info, you may contact either Claudio Taniguchi, Training Coordinator at [Office - 310. 349. 1687](tel:310.349.1687) or by email at [ctaniguchi@cityofhawthorne.org](mailto:ctaniguchi@cityofhawthorne.org) or Cindy Matsuda, Vice President at [hopecindymatsuda@gmail.com](mailto:hopecindymatsuda@gmail.com) or call her at (310) 528-8730

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