



# CITY OF HUNTINGTON BEACH CERT NEWSLETTER

SINCE 1991

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## May 21 and July 16, 2022 Red Cross First Aid/CPR/AED Classes

By Phil Burtis

This spring and early summer a total of 37 CERT volunteers completed this very important training. A couple of our volunteers have already had an opportunity to use their skills. One successfully assisted a choking individual while at a restaurant and another assisted in the resuscitation of two children in a drowning incident.

As a side note, a large portion of the Huntington Beach city staff was also trained in "Stop the Bleed" and "Hands only CPR & AED use." Employees at the Central Library were glad they had the training when they needed to use an AED on one of their customers.

This emphasizes the need to renew your First Aid certification every two years so you are familiar with the skills and are ready to use them should the need arise! Our next class will be held November 19, 2022!

## July 2022 CERT Meeting

Kingman, the Huntington Beach Fire Department's Peer Support Dog, and his human partner, Kane, were featured at the July meeting. Kingman's job is to provide emotional support to firefighters who have returned from a rough call or other situations. He is part of the overall mental health program the HBFD is implementing to ensure the emotional health of first responders.

*The following paragraph contains a discussion of suicide. If you or someone you know may be struggling with suicidal thoughts, call the National Suicide Prevention Lifeline at 800-273-8255.*

Unfortunately, studies are showing that first responders are more likely to die due to suicide than in the line of duty. There are many reasons behind this, but failure to adequately deal with stress for a given incident and the build-up cumulative effect of

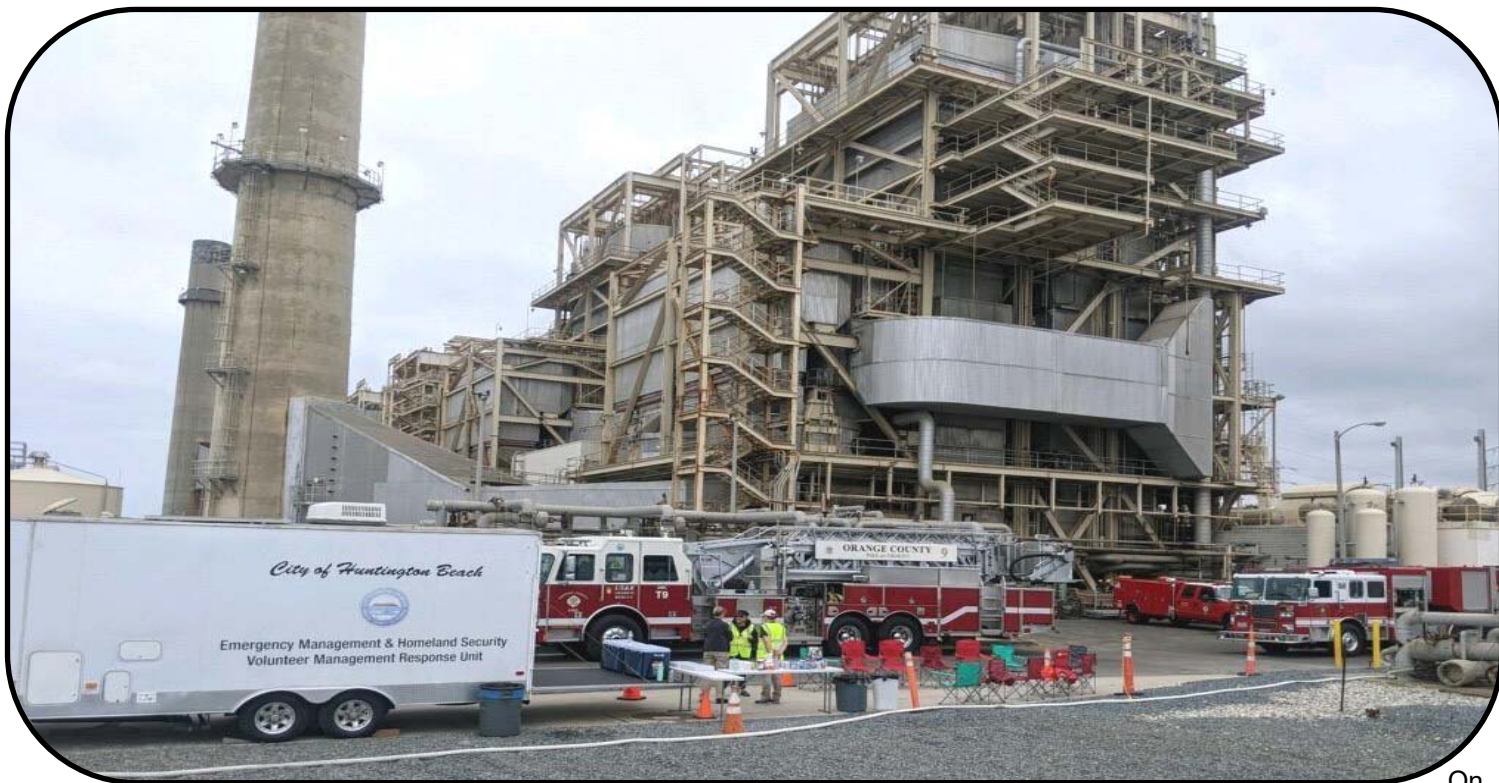
many incidents is one significant factor. Admitting to emotional trauma was stigmatized for many years and showing or discussing distress was often seen as a weakness, which is in opposition to the image of bravery and heroism.

Departments across the country are recognizing this more and more, and the HBFD Fire Chief has made providing for mental health a priority item. That's why Kingman is here, and he is just one part of the overall goal of keeping our first responders healthy and safe, both physically and mentally.

For more information about Kingman, visit [www.hbfof.org/kingman](http://www.hbfof.org/kingman), or if you are an Instagrammer, look for kingmanthefiredog!



More photos page 6



#### From Phil Burtis

The exercises occurred on three different days with both a morning and afternoon session each day that ran for somewhere between 2 and 3 hours. Each day we arrived early and set up the area with the Volunteer Management Trailer running on solar power. We practiced running the generator as well. Coffee, water, and snacks were available to all at the beginning and end of each session and lunch was procured and served to the HFFD personnel. The big hit was the availability of a clean restroom that is in the front of the trailer. It got a lot of use and we practiced dumping the tanks at the end of each day.

Overall, the HBFD personnel were very happy with the CERT response and it sounds like there will be a few more training activities where our help we will be requested. All opportunities to practice Rehab operations are welcomed. We learned many things during these first few days of real-life experience and updated many of the checklists and procedures we had developed for Rehab. Like much of disaster preparation, we don't really want to be needed, but if we are, we want to be properly trained and prepared.

#### From John Wysoki

As part of the CERT volunteer program, I volunteered to be a driver for the Huntington Beach "Firefighter Rehabilitation Trailer" which is a respite for Firefighters responding to a multi-alarm incident.

On May 27, 2022, I signed up to be a part of a team of CERT volunteers to deliver the rehab trailer to the AES electrical sub-station where Orange County Fire Authority was conducting a Confined Space Rescue Exercise.

When the team was assembled in the designated area, we all teamed up in getting the trailer ready for service. That was my first time working with not only the trailer but also the team members who volunteered. As always is the case with past CERT events, everyone was a pleasure to work with.

Once we were set up, there was some down time to watch the dedicated, hard-working First Responders as they trained. I didn't venture too close to the activity, but I was impressed at how well organized the training was. I really was impressed by the huge air truck. Later, about a dozen First Responders took a water and nutrition break where we had set up lounge chairs. I thought the donuts were a big hit in the morning hours but the hamburgers and fries from TK Burgers were well enjoyed by everyone.

My shift ended at noon that day and another team came in to relieve us. On my drive back home, it occurred to me what an amazing country we are to provide well-trained people and life-saving equipment to save anyone in need. The dedication I witnessed on May 27, 2022, was a breath of fresh air that revived in me a good feeling about humanity that most news outlets tend not to report. What a great organization I have been blessed with playing a small role in. Thank you, Huntington Beach.

(continued on page 3)





**From Judy & Manny Vizinho**

We participated with the Fire Rehab team at the HBFD Confined Space Exercise in May. We found the experience to be rewarding and fulfilling in that CERT was able to give comfort and amenities to our Fire Dept. We, as CERT, provided chairs, food, snacks, and cold and hot beverages during the fire personnel's rest breaks, and the trailer had a clean on-site restroom for their use. HBFD firefighters were very appreciative and that defines what the CERT Fire Rehab Team is about.

**From Jill Senecal**

On May 18, 20, and 27 fire stations throughout Orange County came to Huntington Beach's natural gas-fired power station to engage in training to ensure that firefighters are able to respond to confined space incidents effectively and safely. The exercise emphasized hazard identification and best practices for emergency rescue in a confined space.

The CERT Firefighter Rehab Trailer and Volunteers were on the scene as well, providing rest, rehydration, nourishment, and first aid for the participants. In a real life emergency, CERT Firefighter Rehab assists fire fighters who are involved in extended or extreme incident scene operations. Firefighter Rehab improves firefighter performance, decreases the likelihood of on-scene injury or death and helps to ensure that the physical and mental

safety and integrity of operations.

Every firefighter in the training came to the Fire Rehab station, and every firefighter thanked us for coming out and making their day. Their gratitude and thanks made my day as well. The experience also reminded me what I like about being a CERT Volunteer: being prepared and ready for an emergency, helping people, rescuer safety, and doing the greatest good for the greatest number of people.

**From Jim Hansen**

It was interesting to see the support we could give the Fire Department. They came from a rescue (albeit a drill.) They needed relief. We were prepared to support their efforts. The fact that the trailer has a rest room was important to many of the firefighters. There was a place for a meeting and relaxation. It seems that the trailer is ready to support this activity.

**From John Bishop**

On 18 May 2022, the HB Fire Rehab Team within CERT was asked to test our Fire Rehab support plan by deploying to the AES Plant on Newland Avenue.

(continued on page 4)

## **Orange County Fire Authority Confined Space Rescue Exercise—Comments from Volunteer Participants**

**(John Bishop, continued from page 3)**

We observed how processes work and what changes were needed. The exercise included Fire Departments from all around the Orange County area. The CERT/Rehab Team connected the Rehab Trailer at the Gothard training center and towed it to the Newland AES Plant. We then set up the trailer for full operational support of the firefighters. We were able to identify process improvements while keeping the fire department personnel refreshed.

### **From Jill Beideman**

On May 18, I participated on the Fire Rehab CERT team. The trailer was set up at the site to provide shade, chairs, snacks, lunch and drinks for the firefighters during their Confined Space Exercise. This was a great experience on managing the trailer and learning what the Fire Rehab team will do to support the fire fighters in the event we are called to a fire.

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### **Spring CERT Activities**

*By Raji Shunmugavel*

There were several interesting and educational opportunities for CERT volunteers this spring. The following were some that I enjoyed.

#### **The CERT Responder Class**

On Saturday, April 4, 2022 the CERT Responder Class was held in Huntington Beach City Hall, Room B7. Attending were some of the volunteers who completed the March 19 and 20, 2022 basic CERT class. It was fun-filled with lots of valuable information.

The first part of the class was conducted by Carol Burtis, second part was by Phil Burtis, and the third part was by our RACES Teacher, Peter Barbour, ham radio call sign N6RAS.

Effective communication is the best way to conduct shelter operations. We learned how to use ICS forms for communication and operating a shelter. We also learned how ham radio is used to send and receive messages and how the messages are recorded on the forms and documents by using the FEMA ICS.

Later, we went outside and formed five teams. Peter Barbour, being the Net Control Operator, conducted the exercise. We learned the phonetic alphabet and radio tactical call signs.

At the end, to my surprise, I completed all the requirements and received a backpack and sticker for my CERT ID along with congratulations from Carol Burtis.

Thanks to Carol and Phil Burtis for creating an excellent training class.

#### **Red Cross Shelter Drill, April 23 & 24, 2022**

The American Red Cross shelter exercises were held

April 23 and 24 at Elhers Community Center on Knott Avenue in Buena Park. The ham radio communications table was inside and the antenna was set up outside. Guy Jackson and I were the participants from Huntington Beach CERT.

Various scenarios were played out. On Saturday, Guy Jackson played a grandfather who was taking care of his autistic daughter's child. The child's mother had run away from the shelter. Guy really made the scenario life-like by purchasing a doll and blanket from Target and bringing a voice recording of a baby crying. When I arrived at the shelter on Sunday, he introduced me to his "granddaughter" and explained the situation.

I played the part of checking in at the shelter with four of my family members. I was known as Client #1 and was supposed to be the 61 year old wife. My husband's age was 64 and my adopted children were an 11 year old daughter, an 8 year old son and a 7 year old daughter. The age listed clearly indicated a woman adopting a baby in her late forties. So we acted on that. The three children were unruly and demanded ice cream and soda from the shelter. We, as older parents, could not find the strength to care for them.

The various scenarios helped us recreate our own real lifetime experiences and understand how the county's mental health system works to help people with special needs during an evacuation.

Even though Red Cross opened shelters during Covid-19, they did not have congregated ones, only isolated ones. This is the first one after two years. Guy Jackson and I were proud to be part of the shelter exercise participants from Huntington Beach CERT. Thanks Carol!

#### **Orange County RACES Drill**

On Saturday May 7, an Orange County set drill was held at the Huntington Beach Sports Complex from 8:30 to 11:30 am. Greg Turlis K6GAT and Jon Welfringer WB6OZD (both RACES and CERT members) set up the antennas for two meter and 440 operation, high frequencies and Winlink. The radio gear was set up in the back of Jon's truck.

When we set up antennas in the field, we need to test functionality in order for the radios to work efficiently. RACES members were supposed to check in from 9 am to 9:30 am on the HB RACES simplex frequency.

As I was the only visitor at the event, Jon and Greg were able to spend their time demonstrating the radio and a drone going 375 feet high, circling around taking videos and pictures. Jon also guided me with tips for getting a radio Winlink operation, raspberry Pi and how to connect with the computer and radio.

See Article Photos on pages 7-10

Donuts were served also. Thanks to Jon and Greg for a nice morning!

## **The Heat is On!**

*Susan McClaran's First Aid Corner*

Welcome summer and with it...the heat! Overheating can happen anytime during the year but with summer time and the elevated temperatures, we need to be extra mindful of it.

Please pay attention to your body and how you are feeling as you go through activities during the course of the day. Drink plenty of fluids and make sure it is the right kind! Water, coconut milk, sports drinks containing electrolytes, etc. If you are feeling overheated, get out of the heat and into the shade.

### **Heat exhaustion signs and symptoms include:**

- Cool, moist skin with goose bumps when in the heat
- Heavy sweating
- Faintness
- Dizziness
- Fatigue
- Weak, rapid pulse
- Low blood pressure upon standing
- Muscle cramps
- Nausea or vomiting
- Headache
- Extreme thirst
- Mild confusion
- Decreased urine output

### **If you suspect heat exhaustion while rendering first aid to another person:**

Untreated, heat exhaustion can lead to heatstroke, which is a life-threatening condition. If you suspect heat exhaustion, take these steps immediately:

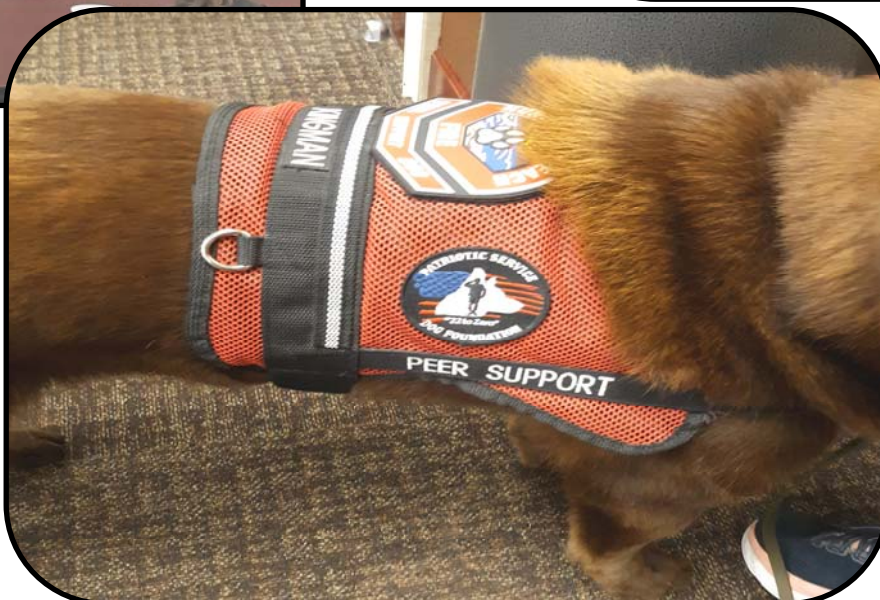
- Move the person out of the heat and into a shady or air-conditioned place.
- Lay the person down and elevate the legs and feet slightly.
- Remove tight or heavy clothing.
- Have the person sip chilled water, a decaffeinated sports drink containing electrolytes or other nonalcoholic beverage without caffeine.
- Cool the person by spraying or sponging with cool water and fanning.
- Monitor the person carefully.

**Call 911** or your local emergency number if the person's condition gets worse, especially if he or she experiences:

- Fainting
- Agitation
- Confusion
- Seizures
- Inability to drink



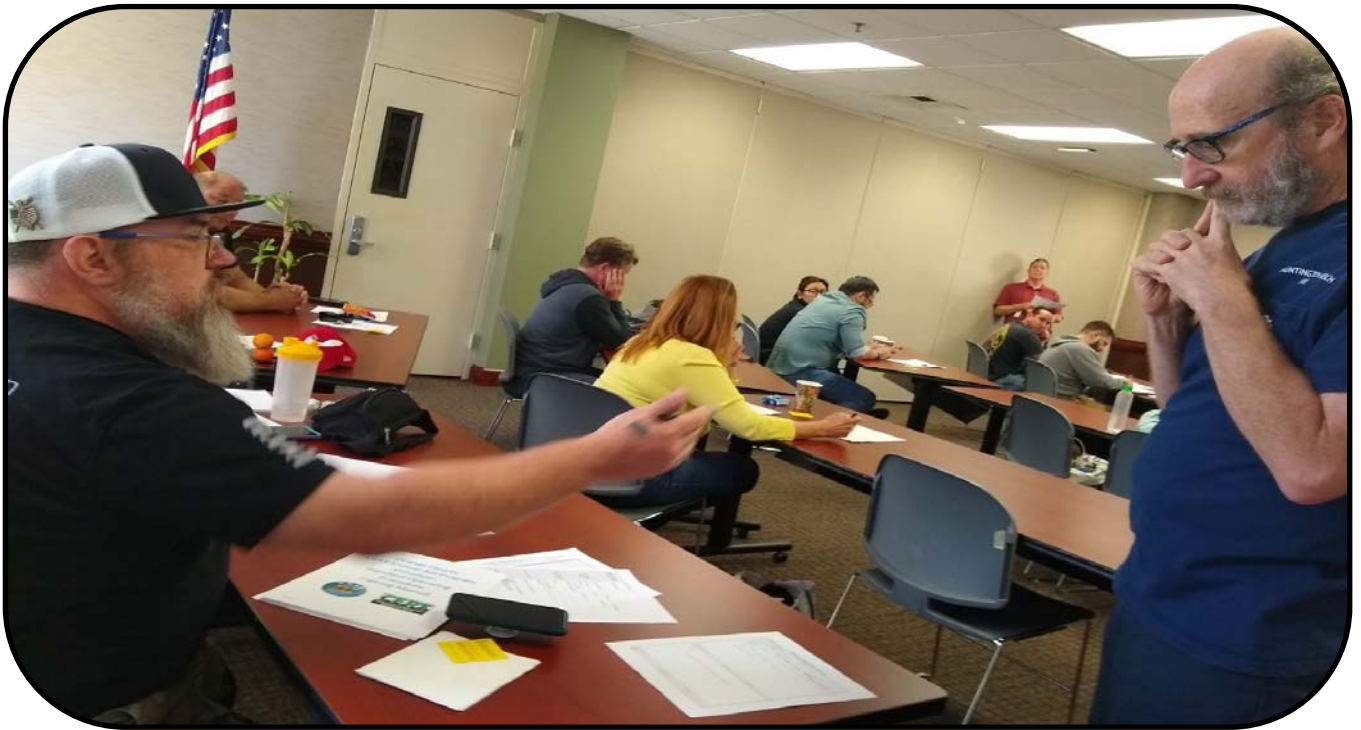
CERT July General Meeting, Kingman





CERT April 4, 2022 Responder Class





**INCIDENT  
COMMAND  
SYSTEM & HOW  
CMAP OPERATES  
WITHIN!**

**CERT**  
COMMUNITY EMERGENCY  
RESPONSE TEAM

**CMAP**  
**CERT**  
MUTUAL AID PROGRAM

- ▶ Standardized Emergency Management System (SEMS)
- ▶ Incident Command System (ICS)
- ▶ National Incident Management System (NIMS)

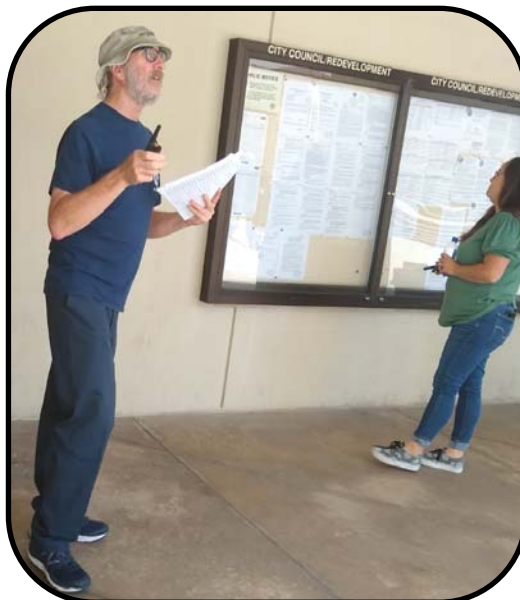
CERT Training Center March 2018

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**TAKING  
A  
MESSAGE**

GENERAL MESSAGE	
NAME	LOCATION
DATE	TIME
MESSAGE	
STATUS	LOCATION
REMARKS	
DATE	TIME
MUTUAL AID PROGRAM	

WFO 1234





Red Cross Shelter Drill, April 23 & 24, 2022 CERT Participants



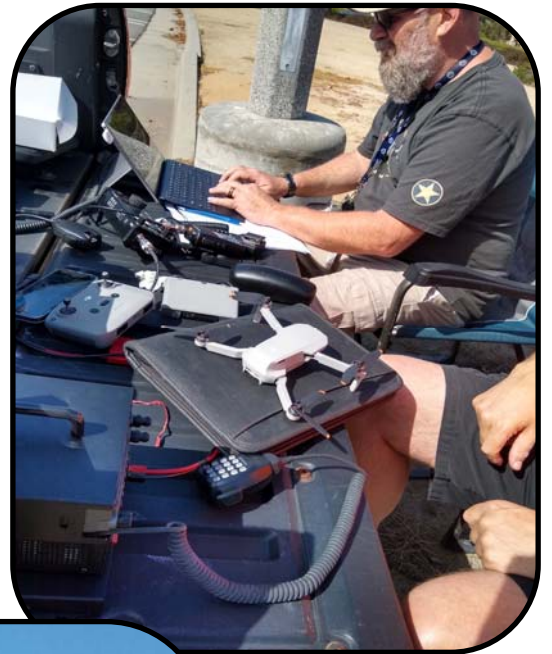
**Client #1**

**Primary Client** – Kellen Smith (9/5/1958)  
**Others in Home** – Tracy Smith – Wife (5/23/1960); Daughters: Katie (3/15/2011) & Danielle (9/10/14); Son Ryan (11/16/2013)  
Address: 1377 N Meads Ave, Orange, CA 92869  
Phone Number: 949-888-1212  
Alternate phone number: 949-777-2121 (Wife's number)  
Background:  
You arrive at the shelter and are very calm. You were evacuated but are confident that your home is OK as you're from the southern part of the evacuation zone.



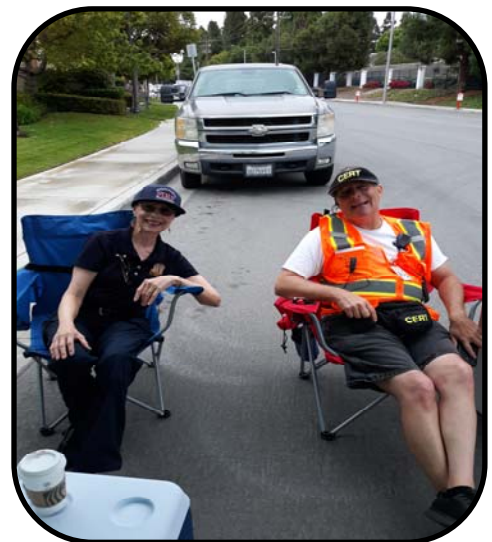


Note  
size of  
Drone

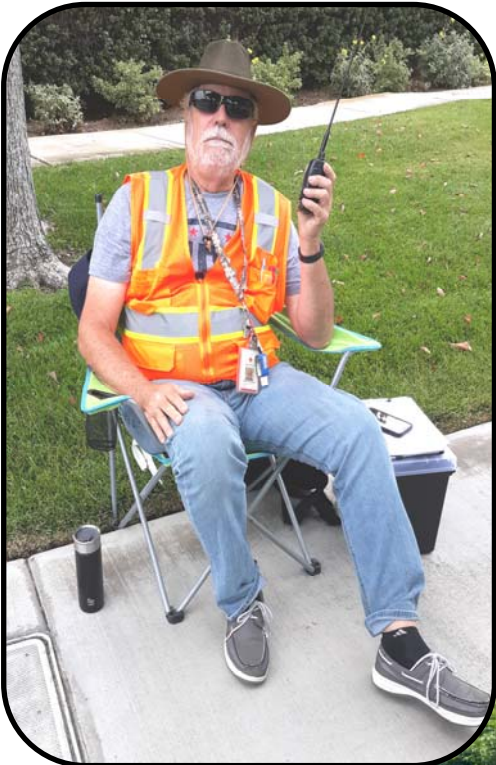




4th of July 2022 CERT First Aid Booth











# 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

- August 30, 6 pm CERT special training event hosted by Costa Mesa and Newport Beach CERTs
- September 8, 6:30 pm CERT General Meeting
- September 16-18 CERT Basic Training class
- September 30-Oct 2 Pacific Air Show
- October 15 Fire Department Open House

To sign up, please visit our CERT Member Portal at <https://www.huntingtonbeachca.gov/government/departments/fire/cert/cert-members-login.cfm> and log in using your CERT ID# and the password **cert2013**

### CPR Classes

To be Determined

CERT COVID –19 NEWSLETTER REMOTE STAFF: Virginia Petrelis (Editor), Peter Petrelis (Publisher),

NORMAL CURCUMSTANCES ADDED STAFF: Richard Batistelli, Anna Pinter, Carol Nehls, Rajarajeswari (Raji) Shunmugavel, Cynthia Goebel

### **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!)**