



CITY OF HUNTINGTON BEACH CERT NEWSLETTER

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CLASS 1

April 13, 2023 CERT Monthly meeting & Volunteer Appreciation

By Carol Burtis

We held our annual Volunteer Appreciation at our monthly CERT meeting and hosted over 60 of our volunteers. To start the meeting, we had light appetizers and desserts and our Fire Marshall, Janice Van Mullem, gave a wonderful presentation on the dangers of lithium batteries. We then handed out certificates recognizing the number of hours and the number of years (in 5, 10, 15, 20, 25 & 30-year increments) our volunteers have been in the CERT program.

Our top award winner for hours was Raji Shunmugavel with a total of 572 hours! We were so glad she was able to attend the event to receive her award as she was not able to be there last year and I had to mail her certificates to her. She kindly said, "When I started with CERT in 1999, Carol, Phil, and their son Justin, were putting in a lot of volunteer hours. For them and several other volunteers, if a day had twenty-four hours, they would work beyond those numbers!"

Raji loves to write articles for the CERT newsletter about her participation in various CERT & RACES events. She writes: "I like to participate in RACES monthly meetings which are held the third Monday of the month as well as CERT meetings on the second Thursday and West Coast Amateur Radio Club meetings held on the third Thursday."

"All those hours, including travel time, contribute to CERT volunteer hours. As I participate in both CERT and RACES activities, my hours add up. Phil and Carol remain a good inspiration and motivation for my volunteering interests. Thanks Phil and Carol for your dedication!"

CERT CMAP Responder Course, April 29, 2023

By Carol Burtis

On Saturday, April 29th, 22 CERT members took the six-hour CERT CMAP (Community Mutual Aid Program) Responder Course. Completion of this class is one step to becoming CMAP certified for the county

should a CERT Mutual Aid situation ever arise.

The responder course has sections on CMAP background, rules, deployment, conflict resolution, the ICS (Incident Command System) and dealing with forms.

There is a hands-on radio section that uses some FRS (Family Radio Service) radios to practice what could be utilized in the field. The radio section was, as usual, the highlight of the day.

Congratulations to all the participants who completed this course!

April 14-16, 2023 Saturday Orange County Cherry Blossom Festival

By Carol Burtis & Raji Shunmugavel

We had nine CERT volunteers assist at the First Aid booth for this event over the three-day weekend. A total of 24 people with minor injuries stopped by the booth. We were located next to the event stage so we all had a great view of the entertainment as well as opportunity to walk around and see all the booths and food available. This was the first time CERT was asked to host a First Aid booth for the Cherry Blossom Festival, but I'm sure it won't be the last! A few of the event staff even needed to stop by for a few Band-Aids!

I (Raji) volunteered for the Saturday, 3:30pm shift along with Susan McClaran, Mimi Irvin and Steven Bell. Carol and Phil Burtis visited the booth as well. The audiences were delighted with the music and various entertainments.

Our volunteers enjoyed the cultural diversity expressed by music and dance. Our booth also introduced many people to CERT. If there was an emergency or injury, our First Aid booth was the place to go!

We had a low tree branch in front of the First Aid tent. Always aware of public safety, Susan became creative and hung a silk cherry blossom branch from it to keep people from bumping their heads!

Shadow Drill, Saturday, May 6, 2023

By Raji Shunmugavel

A combined HBFD/HB RACES communications drill was held on Saturday, May 6, 2023. The purpose of the drill was to practice providing dispatch and tactical communications to the Fire Department via amateur radio, as fast as possible, should there be a failure of the normal county-wide 800mhz dispatch system.

At the RACES monthly meetings on March 20 and April 17, 2023, Peter Barbour, the training officer, showed a power point presentation about an 800mhz failure dispatch and the RACES steps to be activated and deployed.

The April 17th meeting consisted of nearly two hours of training, including table-top exercises and practicing proper communications.

On Saturday, May 6, 2023, participants were activated by an Alert OC message at 9:30am. We checked in on the two-meter net, confirmed our availability, received the assignment and headed to our stations. I was assigned to Station 41 Gothard Fire station, ET41, and arrived there exactly at 10:00am. After introductions, I secured my magnetic mount antenna on the roof of the ambulance with the special low-residue tape.

When a call came, I boarded the ambulance, connected to the antenna and communicated with the fire dispatch. It worked very well. I participated in one medical call and we transported one person to Huntington Beach Hospital and went back to our station. Around 2:10pm. I heard fire dispatch clearing me from the assignment. I notified my captain and bid farewell. The staff treated me very nicely and I wish it could have lasted longer.

CERT Training Kicks In

By Janet Parks

Several months ago, I was following a motorcycle driving down Bolsa Chica. The rider was speeding and swerving across three lanes. I lost sight of him several times as the road curved, until we came around a corner and realized he had crashed.

My CERT training instinctively kicked in. I flipped on my hazard lights and positioned my car to protect him from other drivers. My daughter called 911 requesting an ambulance. We paid attention to cross streets and knew where we were. Others stopped and were afraid to approach him and stood around.

I grabbed gloves and started to assess him. He laid still with no movement and was unresponsive. His

helmet remained on, and blood was dripping slightly from his mouth. He had no lacerations visible, and blood didn't increase. I think he may have bit his tongue or cheek. We could hear him snoring, so I knew his airway was clear. Luckily, he came to rest on his side. His legs and ankle were positioned unnaturally. Both legs and one ankle were broken. His shoulder, arm and wrist were broken too.

I kept him in the position as I found him, told him my name, and let him know we called 911 and would stay with him until they arrived. I positioned myself where I could support his back to keep him from moving. I could see his chest move with each breath. I continued to speak to him and let him know we could see flashing lights coming our way. He reacted to this comment with moans and tried to move his legs. I continued to talk and let him know they had arrived and could feel his body relax. It was the best feeling to be there with him, to make sure he knew he wasn't alone. Several agencies responded. Paramedics took over, we gave our statement to police and were on our way.

After it was over, I realized, CERT training kicked in naturally. There was no second guessing what to do. I went to my trunk, grabbed what I needed and started the process as I was trained. No hesitation, didn't panic and much to my surprise, talking and reassuring him felt natural. I'm thankful to the CERT volunteers who trained our group. You did an excellent job.

Fire Academy Training Graduation, April 14, 2023

CERT Parking Control Support

By Raji Shunmugavel

On Friday, April 14, CERT was requested to provide traffic control for the safety of the families attending the Fire Academy Graduation Ceremony. Parking was very tight at the Gothard Training Center. Besides myself, the CERT volunteers were Phil Burtis, Nancy Boyer and John Bishop. Phil guarded the entrance and greeted the VIPs. Nancy was stationed halfway in and John and I directed the cars to the rear lot. Once the sides of the parking lot were full, we created another line in the middle which quickly filled up and then Phil had to send many cars to park on the nearby streets.

Throughout the afternoon, many fire department personnel, including the event organizer, Justin Fleming, thanked us for our help. My heartfelt thanks to both Carol and Phil for inviting me to attend this wonderful volunteer event!

John Wayne Airport—Triennial Exercise April 19, 2023

From Richard Batistelli's Red Cross Desk

It seems like ages since my last missive regarding the activities of the Red Cross in this informative and educational forum. My lethargy is not the result of any lack of motivation or interest in so doing, but due to issues beyond my control. My activities involving all things Red Cross have continued, uninterrupted, since before the recent worldwide unpleasantness. In fact, these activities have been extensive, be it staff meetings, shelter openings, warehouse operations or special events.

One such recent special assignment was my participation in the April 19 drill at John Wayne Airport (JWA). Per federal mandates, all major air transportation centers, JWA, ONT, LB and LAX are required to practice and perform every three years, a "full scale exercise (FSE) designed to respond to an aircraft accident on airport property." This drill included all local stakeholders, local police, county sheriff, fire departments and ambulance services.

This event was my fourth opportunity to experience such a large-scale drill. Prior to this one, I was an active player, being moulaged (made up) to simulate a major or minor injury. Victims were preassigned to a location, in the airplane or adjacent to it on the ground, to be discovered and treated by responding emergency personnel. This training was for real for the firemen and exciting for me to be treated based on information on a triage tag affixed to my neck. After triage, victims were moved to appropriate colored tarps, based on their green, red, or black tags. In that last drill, I was left on the plane as a deceased victim of a destructive collision between the airplane and a helicopter, toe tagged and forgotten. I assume my body would have eventually been placed on the black tarp.

At this April 19 drill, my efforts were directed to a supporting role as a Red Cross Volunteer. My responsibilities were limited to the distribution of snacks and water. And, after much pushback by the attendees, the airport leadership provided us with coffee for the "victims" of this plane crash. But this limited role provided me with time to view, from a unique vantage point at ground zero, all of the players in this disaster drama. My photos attest to my central location and were only limited by my photographic skills and equipment. I did catch a CERT volunteer being carted away by paramedics for treatment but, for HIPPA protocols, no pictures were taken. I did talk to her later and she spoke well of her treatment by those caring for her.

There is more I could commit to paper, but let's end this narrative with this final thought, "A good time was had by all, those in training and those play acting and, hopefully, I will never participate in the real thing!"

John Wayne Airport Exercise (AirEX), April 19, 2023 *By Raji Shunmugavel*

The purpose of the AirEX 2023 was to test and evaluate that all personnel having duties under the Airport Emergency Plan (AEP) are properly trained for compliance with FAR Title 14 Part 139.325.

The scope of the AirEX 2023 Full-Scale Exercise conducted within the T-Lot staff parking lot on April 19, 2023 was in response to a simulated aircraft accident. The exercise was scheduled for two hours or until the Exercise Directors and Senior Controllers had determined that the exercise objectives had been fully addressed

After missing the 2020 exercise due to COVID19, this year I participated in the event. I rode with my neighbor and fellow CERT volunteer, Ed Klotz, and arrived at the scene at 6:30am. We were told we could not take pictures, so Ed and I left our cell phones in the car and were driven by shuttle from the Main Street parking lot to the exercise site. After registering (the first thirty participants got some of the better acting roles) we went to moulage (makeup), where they put simulated blood on my face as an indicator of a possible head injury.

The Red Cross was giving out snacks, water, and eventually, coffee. The weather was very cool, in the high fifties, so we needed a jacket throughout the event. When the hot coffee arrived that revived me.

After 8:30am, big breakfast burritos were served. I had already had so many snacks thinking that was breakfast, but then I ate the breakfast burrito too! It was nice of them to provide such great snacks and meals! I saw some CERT volunteers that I met in the CERT Decathlon between Newport, Costa Mesa and HB CERT last August. Several CERT programs from Orange County sent volunteers to the exercise. Carol Burtis was there helping with registration, as well as John Bishop, Buffy Harris, Guy Jackson, Ed Klotz, Janet Parks, Marc Rieffel and Barbara-Leigh Tonelli from our CERT Program.

The scenario was: ABC Airways, with unknown souls on board, on final approach for 20R, was struck by a smaller aircraft and crashed into the T-Lot parking lot.

As my role indicated my loss of ability to follow simple verbal commands, I was chosen to ride in an ambulance to a simulated hospital and then released.

We also had an opportunity to visit Irvine's communications motorhome, which was filled with very sophisticated equipment. The officer who gave us a tour explained that the high-tech industry and emergency communications have to work together and it always requires lot of skilled people to maintain.

After the debriefing we were given box lunches, commemorative T-shirts and then we headed home.

First Aid Fun Facts (Excerpts taken from NIH.Gov--(National Library of Medicine))

From Susan McClaran's First Aid Corner

Why is called first aid?

First aid refers to medical attention that is usually administered immediately after the injury occurs and at the location where it occurred. It often consists of a one-time, short-term treatment and requires little technology or training to administer.

But WHO Invented it?

Friedrich Esmarch (1823-1908) laid the foundations of civil first aid institutions. He became a physician in 1848, and then received education on surgery. In 1854, he specialized in surgery and ophthalmology. His main fields of interest were military surgery and first aid. He was one of the most important emergency surgeons of the 19th century. In the French-German war, Esmarch was promoted up to the surgeon-general in the German army. Then he served as a consulting surgeon in a military hospital, and was recognized as one of the greatest authorities in hospital management and military surgery. Dr. Mayor of Lausanne invented the triangular bandage used in first aid in 1831, but it was Esmarch who popularized the use of this bandage. There are resources mentioning that he was the inventor of the ice bag, and that is why he was publicly nicknamed as the Ice Bag. The arm and leg splints also owe their modern forms to Esmarch.

First Aid at the Battle Field

According to Esmarch: "The primary objective of first aid is to protect the fresh wound from any insanitary factors that can be encountered during the patient's transportation to the hospital. The soldier's wound should be protected from dust, bugs, sun or such things by covering the wound in an appropriate way. Every little move during the transportation may cause the wound to deteriorate; therefore, the wounded part should be fixed appropriately." "...At the battlefield, the triangular-shaped

rag in adequate dimensions is the most convenient equipment for first aid. Its usage so simple that even inexperienced people can learn how to use it easily and quickly."

First Aid in Accidents (1882)

In the first part, human anatomy was explained. In the second part, injuries (bleeding, internal bleeding, wound intoxication and foreign bodies) and their treatment were mentioned. In the third section the treatment of fractures, sprains and ambustions were described. The fourth part is about the response to unconscious patients; and treatment suggestions were made for suffocation, reanimation, artificial respiration, freezing, loss of consciousness, heat stroke, and poisoning. In the fifth part, the subject of transportation was discussed and under this section, stretchers, vehicles without stretchers and transport with train were explained. The sixth section is about patient care.

And in the last two sections, practice and exercises for the health volunteers were given in which there is also the information about German health volunteers association.

Conclusion

In his "First Aid at the Battle Field", work of art, Esmarch informs that in places where there is no triangular bandage and splints, different things (like rifles, bayonets, spears and so on) can be used as splints. This is a quite life-saving information. His implementations before the transport to the field hospital and his implementations at the field hospital shows the similarities to current emergent battle surgery and also shows how foresighted and experienced he was.

Image: Esmarch original

[Kids Encyclopedia Facts](#)



CERT was asked to set up and staff a first aid booth at this event. A few minor injuries were quickly handled. We also handed out information on our CERT program and were able to interact with many of the families on the importance of preparedness.

The Huntington Beach Fire Outreach Foundation had a booth next to the first aid booth where they took donations and sold cute Kingman replica dogs. Our Fire Peer Support Dog, Kingman, and his "person," Kane Johnson, were also there a good part of the day to meet and greet everyone. The Foundation, in conjunction with the OC Braille Institute, sponsored a special audible candy hunt for visually impaired children by having plastic eggs that beeped so they could find them! The children traded the audible eggs for bags of candy once they had collected them. For most of the children there, it was their first ever egg hunt. A truly heartwarming event.



We hosted our Spring CERT class March 24-26 and graduated 45 Students with the assistance of 34 CERT volunteers over the entire weekend!

On Friday evening the volunteers arrived at City Hall before 4pm to help set up logistics for the class. The registration team was there to sort the necessary forms and handouts for the participants. I helped students sign in and out Friday evening.

Phil and Carol taught the class on Friday by introducing the participants and the format of the training: Basic Home and Family Preparedness as well as CERT Team Concepts. Division Chief, Jeff Lopez, taught Disaster Psychology. The class was held until 10:00pm and the volunteers stayed until 10:30pm to prepare for the next day.

I volunteered all three days. The three days served as a good review for the CERT volunteers along with education for the participants. In spite of cool weather, the classes and training went very well.

I tried to be in the classroom to watch all of the power point presentations to refresh my CERT skills. The part of the class called Terrorism and CERT includes a "Run, Hide and Fight" video about what to do should you find yourself in an active shooter incident; this resonates with the current events. It is good we have these training sessions.

Saturday afternoon I played the role of a person with a head injury in an earthquake scenario. I was labeled with a card describing my injury. I lay there with my head on the ground and legs up in the air! I was triaged as "deceased" with a black tag. When some of the participants entered the scenario, at first, they wanted to make me more comfortable by possibly offering me a pillow or yoga mat! But I followed my card, acting as person not breathing. By participating in these scenarios, we are learning to get out of our comfort zones to be prepared for a disaster.

After helping the logistics team on Sunday morning, I went to join Bob Dow, Peter Petrelis and Richard Batistelli on the Radio Color Communications Team. At registration, students are given yellow, red or green tags and they follow their radio communicator wearing that color vest. As color team leaders, it's our responsibility to make sure our groups get to the proper locations on time, notify instructors of the number of minutes left for their presentations and then lead the groups to the next session so the classes run smoothly.

As my Icom Radio was new, I expected it to function properly. We used the simplex frequency for this event. To my surprise, my new radio was not working. With troubleshooting help from Peter, Richard and Bob we discovered that my plug was not properly pushed into the socket; a simple fix. Before beginning classes, Net Control always requests a "radio check" from everyone to check the functionality of the radios.

(continued on page 6)

CERT Class March 24 - 26, 2023 (continued)

Throughout the day, many expressed interests in HAM radio. Joining and participating in the color team during CERT and RACES events is fun and very important training in the event of a disaster when there may be no other means of communication.

Although I have used a HAM radio for many years, I am still learning and believe "knowledge knows no bounds."

Attending and participating HB RACES and WEST Coast Amateur Radio Club (WCARC) meetings have helped me a lot. HB RACES meetings plan and schedule events and provide trainings pertaining to that level. Once a month WCARC conducts in-person HAM radio license FCC testing and also has an educational lecture on updating the skills and technical aspects of this hobby.

In my initial years (almost seven years), I struggled to program my radio manually but now it is easily done by computer software.

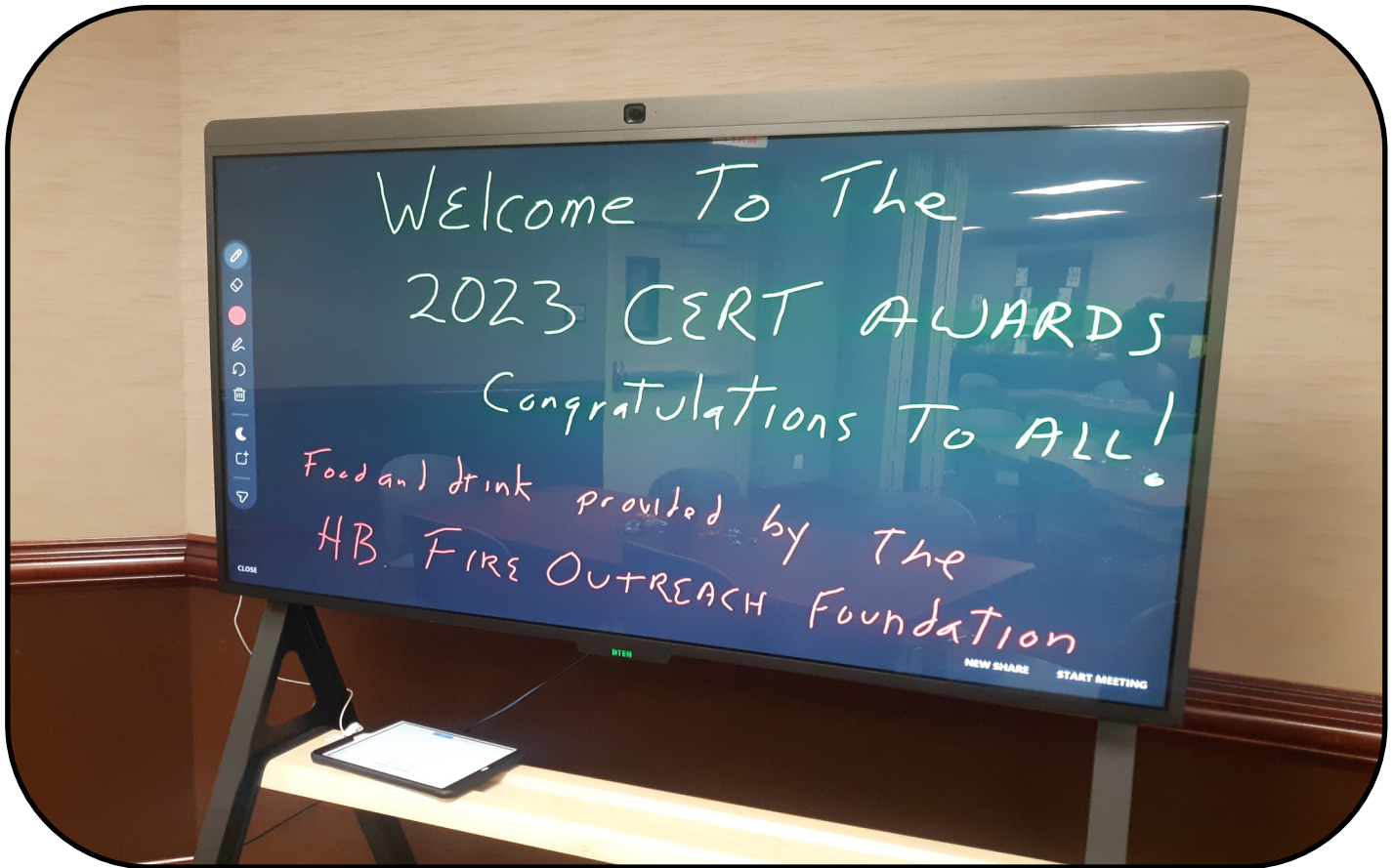
My friend member Charlie from WCARC gave me a free (to ARRL members) "ON THE AIR" JAN/FEB, 2023 edition with an article by ARC Thomas, call sign W4CPD, titled "Programming Your VHF/UHF Radio." The following is from the article.

"Knowing how to properly program your VHF/UHF radio is an important part of being an amateur radio operator. Here are some basics on picking up this crucial skill.

Handheld and mobile VHF/UHF radios come in a variety of configurations and programming ranges, from easy to difficult. Some radios provide a large LCD or dot matrix display, or even a touchscreen, that makes it easier to navigate menus and store settings, while others may rely strictly on push buttons and a single or dual-line display. No matter what kind of interface your Radio has, the ability to program new frequencies "on the fly" is essential. While pre-programming your radio before a deployment is best, in an emergency deployment, you may not know the frequencies in use in the impacted area until you arrive. Even if you have previously programmed repeaters for that location, those repeaters may have been damaged, or even been replaced by temporary or mutual aid frequencies. It's important to know your way around your radio well enough that you can program a frequency on your own."

I hope all those who showed interest during the class will become licensed HAM operators and join our color team for the next class!





CERT Monthly Meeting and Volunteer Appreciation April 13, 2023 (continued)









John Wayne Airport—Triennial Exercise April 19, 2023



John Wayne Airport—Triennial Exercise April 19, 2023 (continued)



Kiwanis Easter Candy Hunt, Saturday April 8, 2023



Kiwanis Easter Candy Hunt, Saturday April 8, 2023 (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

4th of July 1st Aid Booth
July 29-Aug.6 US Open of Surfing
Aug. 1 National Night Out
Sept. 15-17 Fall CERT Class
Sept. 29-Oct. 1 Pacific Air Show
Oct. 14 Fire Department Open House

CPR Classes

- July 15, 2023 ARC 1st Aid Class, 8am-2pm, City Hall B7-B8
- October 28, 2023 ARC 1st Aid Class, 8am-2pm, City Hall B7-B8

Register on CERT Portal, or e-mail Carol

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

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