



# CITY OF HUNTINGTON BEACH CERT NEWSLETTER

SINCE 1991

March 2017

## HB CERT HIGHLIGHTS

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### Thursday, March 9, 2017 CERT General Meeting

By Phil Burtis

Our March 2017 CERT General Meeting will feature Lisa Arnold from Laguna Niguel CERT. Lisa has been involved in CERT since 2009. Their program was originally "CEPA" (Community Emergency Preparedness Academy), and they transitioned over to the CERT model fully in 2015.

Lisa started as the Team Leader, and then became CERT Program Manager for the City of Laguna Niguel in 2015. She has written several exercises for the team, developed the CERT Final Night exercises, and written the exercise plan for the 2016 South OC CERT Exercise.

She will give us some insights into their CERT program and will be discussing in detail the Leadership Module from the FEMA manual.

We're hoping to learn a lot and would like everyone to come and learn about leadership skills in CERT!

### CERT Field Trips

By Carol Burtis

Just a reminder that there is still space for both of our upcoming field trips!

Saturday, March 11, 2017: The Orange County Emergency Operation Center at Loma Ridge at 9:00am. We will be carpooling to the OCEOC so will meet at 8:00am at City Hall to arrange rides for everyone. I expect the tour to take 1-1 ½ hours and then return to City Hall before noon.

Saturday, April 29, 2017: The Orange County Water District GWSR Plant at 10:00am. We need a minimum of 10 and can take up to 35; we will meet at City Hall at 9:00am to arrange carpools for our group.

Visit <http://www.huntingtonbeachca.gov/government/departments/fire/cert/cert-members-login.cfm>; log in with your CERT ID# and the Password cert2013. If you do not know your ID# please let me know and I can send you your ID#. If you have not yet completed your Live Scan after graduating from our class, please let me know and I can complete your registration for you.



American  
Red Cross

### Red Cross Month

*I request that during that month (March) our people rededicate themselves to the splendid aims and activities of the Red Cross.*

*--President Franklin D. Roosevelt, first Presidential Proclamation of March as Red Cross Month, 1943*

Every eight minutes, the American Red Cross brings help and hope to people in need, thanks to heroes like you. Whether you donate funds, donate blood or volunteer, we depend on your support to make a difference in communities across the country.

Each year, the president of the United States proclaims March "Red Cross Month." We use this month as a chance to honor and celebrate the everyday heroes who help us fulfill our mission. This March, we encourage you to uncover your inner hero.

<http://www.redcross.org/about-us/red-cross-month>

### Thursday April 13, 2017 CERT General Meeting

By Phil Burtis

Our April 2017 CERT General Meeting will be focused on radio communications. The speaker will be Robert Maller. Mr. Maller is in his seventies and has been a Radio Amateur Operator aka HAM for 55 years. He will talk about the history of radio from the 1890's to today. He will then talk about how one can become a licensed radio operator. It isn't as hard as it used to be and you no longer need to pass a Morse Code test.

To obtain a license, you need to study material based on radio basic electronics and take a short test. The hobby is open to everyone and there is no age requirement. The first license you should get is the Technician Class License. With this license you will be qualified to use a ham radio and even use a cell phone application called ECHOLINK. ECHOLINK allows a licensed ham to communicate with other hams around the world using the internet.

Please join us at the meeting and learn about ham radio and its usage in disaster communications.



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### **The Father of CERT**

*By Phil Burtis*

At our CERT General Meeting on February 9, 2017, we had the rare privilege of having Frank Borden, the "Father of CERT" speak and give a power point presentation on the history of CERT. Our Huntington Beach Fire Chief David Segura and Mayor Barbara Delgleize attended this meeting.

As a former Assistant Chief of the Los Angeles Fire Department, Frank conceived and initiated the CERT program in Los Angeles in 1988. The idea was based on a couple of simple thoughts: people want to help; people don't know what to do. So if you could get them some minimal training, they could learn to take care of themselves and then help others. This would take a huge burden off professional first responders.

Frank is well known and respected internationally and was even in Japan attending a workshop when the 1995 Kobe earthquake struck.

Following a 1991 tornado event here in Huntington Beach, we adopted that program and made our program one of the preeminent CERTs in Orange County. Of course CERT is now nationwide operating under FEMA (Federal Emergency Management Agency) international guidelines.

With proper training, Frank said, "Ordinary people can do extraordinary things."

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### **SANDBAG UPDATE**

*By Phil Burtis*

Since the last newsletter, we delivered 667 sandbags to 47 clients, bringing the total for the season to 837 bags for 58 clients.

Although the long range forecast has some chance of mild rain in the spring, best guess is we won't have any more significant rain and so this may be the last sandbag update.

Our heartfelt thanks to everyone who participated in the sandbag efforts for this year.

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### **Working Out for a Good Cause**

*By Raji Shunmugavel*

In February 2017, I volunteered four days to help with sandbagging. February 9<sup>th</sup> was like a training day when I filled bags and hopped into Phil Burtis' truck along with Gabriela Queteimporta to observe the process of delivery and placement of the bags. On February 16<sup>th</sup>, I only filled bags at the city yard. On the 17<sup>th</sup> I paired up with Linda Sheaffer who has a tremendous amount of strength, a good heart and excellent people skills. She was able to navigate to the frail and elderly residents' homes and we placed the sandbags for them in the rain.

Prior to the sandbagging events, we were prepared by watching a power point presentation on proper lifting techniques at our monthly CERT meeting. We were well equipped with rain gear, gloves and our own shovels.

It was quite a workout and I have to say we used the city yard as our gym and got plenty of exercise while sandbagging for a good cause.

## **My Day as a Ham at the Surf City Marathon**

*By Raji Shunmugavel*

At the Marathon on February 5, 2017, I worked the same water station 13 as I have in the past. I arrived at my station and set up at 5:45 am. Roll call started at 6 am. The weather was in the 50's and windy. It was a little bit of a challenge working under those conditions but it was also a challenge for the athletes who were willing to run on that cold day.

The first runner, a male, arrived at the turn-around point a little after 8:30 am. The leading police escort was with the runner.

Throughout the day, ham operators focus on listening to Net Control for roll call and other radio traffic. The water station 13 team leader received a call on his cell phone regarding a fall near mile marker 21. Using proper, established ham radio procedures, I reported this to Net Control. I could see mile marker 21 from where I was standing at Pacific Coast Highway and the entrance to Bolsa Chica State Beach so I started walking in that direction to see what was happening but the incident was south of the marker. Net Control and the Fire Department were there to assure the safety of the athlete.

The race was finished before 2 pm so everyone was able to go home to watch the Super Bowl.

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## **A Day at the Races**

**Surf City USA Marathon, February 2017**

*By Richard Batistelli, KI6TJI*

Over the last several years, Huntington Beach CERT has supported Huntington Beach RACES during the Surf City USA Marathon. As trained ham radio communicators, CERT, with other ham radio communicator volunteers from OC RACES, MESAC (Mesa Emergency Services Amateur Communications), provided the Huntington Beach Fire Department with emergency communication skills and manpower needed in support of the many thousands of runners in this city's annual contest of training and endurance.

At prior marathons, my assignment as a ham radio link to headquarters was to ride as "shotgun" in a support and gear (SAG) wagon. As a non-emergency transport van, we were used to move material, water and equipment where needed, volunteers to their race locations and, more importantly, transport disabled or exhausted runners from the course to the nearest medical aid stations. My connection with "net control" provided real-time communication between hams on the course and my van, allowing fire services to deal with the more pressing medical issues.

I was again teamed up with van driver, Jeff Turlis, KE6BNS. As a HB RACES volunteer and a veteran of these events, he knows well the streets and people of Huntington Beach. His knowledge and training would save the Marathon from a possible disaster later in the day.

We traveled up and down the streets of Huntington Beach watching the race from up close and taking pictures. The morning clouds slowly gave way to bright and sunny skies. The race was winding down to the remaining runners on the course.

As we moved south on Pacific Coast Highway (PCH), a panicked call came across the radio that Jeff used to talk to his people on the race course committee. The frantic radio caller spotted a black Jeep traveling at high speed northbound on PCH just behind the runners, ignoring all attempts to stop the vehicle. Luckily, our SAG wagon was in the "right spot at the right time." Jeff was able to cut across PCH and block the vehicle. I was literally staring at the driver some ten feet from my van door. Fortunately, he stopped. The police arrived shortly thereafter and we continued on our way. Your guess is as good as mine as to the driver's intentions. I do know that if he had continued north on PCH, traveling behind the runners, there was nothing to prevent serious injury or death to all involved, be it runners, volunteers or police.

This experience reinforces the importance of being a ham radio volunteer. Ham radio is vital to police, fire, government and volunteer agencies. Become a ham; be prepared when that inevitable disaster takes center stage in Huntington Beach.

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## **Poisoning: By the Mayo Clinic Staff**

*Presented by Susan McClaran*

Poisoning is injury or death due to swallowing, inhaling, touching or injecting various drugs, chemicals, venoms or gases. Many substances — such as drugs and carbon monoxide — are poisonous only in higher concentrations or dosages. And others — such as cleaners — are dangerous only if ingested. Children are particularly sensitive to even small amounts of certain drugs and chemicals.

How you treat someone who may have been poisoned depends on:

- The person's symptoms
- The person's age
- Whether you know the type and amount of the substance that caused poisoning

(continued on page 4)

## Poisoning: By the Mayo Clinic Staff (continued)

If you are concerned about possible poisoning, call Poison Help at 800-222-1222 in the United States or your regional poison control center. Poison control centers are excellent resources for poisoning information and, in many situations, may advise that in-home observation is all that's needed.

### When to suspect poisoning

Poisoning signs and symptoms can mimic other conditions, such as seizure, alcohol intoxication, stroke and insulin reaction. Signs and symptoms of poisoning may include:

- Burns or redness around the mouth and lips
- Breath that smells like chemicals, such as gasoline or paint thinner
- Vomiting
- Difficulty breathing
- Drowsiness
- Confusion or other altered mental status

If you suspect poisoning, be alert for clues such as empty pill bottles or packages, scattered pills, and burns, stains and odors on the person or nearby objects. With a child, consider the possibility that he or she may have applied medicated patches or swallowed a button battery.

### When to call for help

Call 911 or your local emergency number immediately if the person is:

- Drowsy or unconscious
- Having difficulty breathing or has stopped breathing
- Uncontrollably restless or agitated
- Having seizures
- Known to have taken medications, or any other substance, intentionally or accidentally overdosed (in these situations the poisoning typically involves large amounts, often along with alcohol).

Call Poison Help at 800-222-1222 in the United States or your regional poison control center in the following situations:

- The person is stable and has no symptoms
- The person is going to be transported to the local emergency department

Be ready to describe the person's symptoms, age, weight, other medications he or she is taking, and any information you have about the poison. Try to determine the amount ingested and how long since the person was exposed to it. If possible, have on hand the pill bottle, medication package or other suspect container so you can refer to its label when speaking with the poison control center.

### What to do while waiting for help

Take the following actions until help arrives:

- **Swallowed poison.** Remove anything remaining in the person's mouth. If the suspected poison is a household cleaner or other chemical, read the container's label and follow instructions for accidental poisoning.
- **Poison on the skin.** Remove any contaminated clothing using gloves. Rinse the skin for 15 to 20 minutes in a shower or with a hose.
- **Poison in the eye.** Gently flush the eye with cool or lukewarm water for 20 minutes or until help arrives.
- **Inhaled poison.** Get the person into fresh air as soon as possible. If the person vomits, turn his or her head to the side to prevent choking. Begin CPR if the person shows no signs of life, such as moving, breathing or coughing. Call Poison Help at 800-222-1222 in the United States or your regional poison control for additional instructions. Have somebody gather pill bottles, packages or containers with labels, and any other information about the poison to send along with the ambulance team.

### Caution

**Syrup of ipecac.** Don't give syrup of ipecac or do anything to induce vomiting. Expert groups, including the American Association of Poison Control Centers and the American Academy of Pediatrics, no longer endorse using ipecac in children or adults who have taken pills or other potentially poisonous substances. No good evidence proves its effectiveness, and it often can do more harm than good. If you still have old bottles of syrup of ipecac in your home, throw them away.

**Button batteries.** The small, flat batteries used in watches and other electronics — particularly the larger, nickel-sized ones — are especially dangerous to small children. A battery stuck in the esophagus can cause severe burns in as little as 2 hours. If you suspect that a child has swallowed one of these batteries, immediately take him or her for an emergency X-ray to determine its location. If the battery is in the esophagus, it will have to be removed. If it has passed into the stomach, it's usually safe to allow it to pass on the intestinal tract.

**Medicated patches.** If you think a child got hold of medicated patches (adhesive products for transdermal drug delivery), carefully inspect the child's skin and remove any that are attached. Also check the roof of the mouth, where they can get stuck if the child sucks on them.

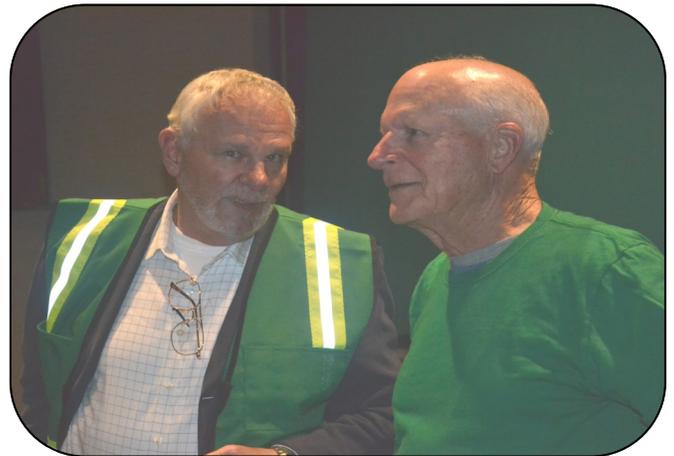
**A DAY AT THE RACES, FEBRUARY 5, 2017 SURF CITY USA MARATHON**



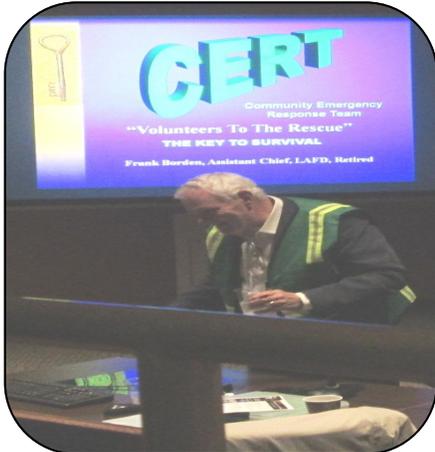
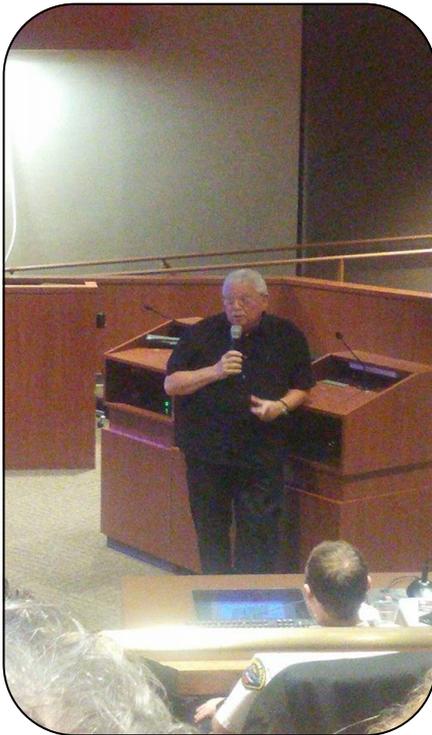
**A DAY AT THE RACES, FEBRUARY 5, 2017 SURF CITY USA MARATHON  
(continued)**



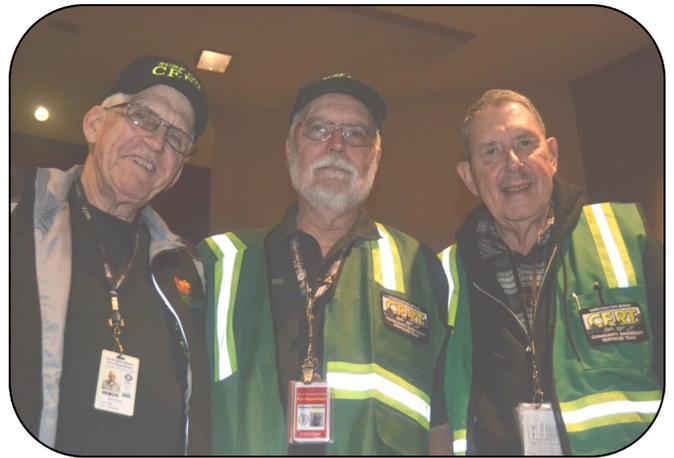
**FEBRUARY 9, 2017 CERT GENERAL MEETING—THE FATHER OF CERT**



FEBRUARY 9, 2017 CERT GENERAL MEETING—THE FATHER OF CERT  
(continued)



FEBRUARY 9, 2017 CERT GENERAL MEETING—THE FATHER OF CERT (continued)





**Huntington Beach  
Community Emergency Response Team  
2017 schedule**

HBCERT Events 2017	Date	Details
January CERT monthly General Meeting	Thursday January 12 <sup>th</sup>	6:30pm-8:00pm Room B7 in the Civic Center
Advance 1 <sup>st</sup> Aid Class	Saturday January 21 <sup>st</sup>	8:00am-2:00pm Room B7 in the Civic Center
February CERT monthly General Meeting	Thursday February 9 <sup>th</sup>	6:30pm-8:00pm Room B7 in the Civic Center
CERT March Monthly General Meeting	Thursday March 9 <sup>th</sup>	6:30pm-8:00pm Room B7 in the Civic Center
Field Trip to County EOC	Saturday, March 11 <sup>th</sup>	8:30am to 12:00pm, meet at City Hall to Carpool
CERT Spring Basic Training	March 21, 23, 28, 30 & April 1	Location TBD/6:00-9:00pm Tues & Thurs; 8:00am to 2:00pm Saturday, April 1
CERT April Monthly General Meeting	Thursday April 13 <sup>th</sup>	6:30pm-8:00pm Room B7 in the Civic Center
Field Trip to OC Water District	Saturday, April 29 <sup>th</sup>	8:30am to 12:00pm, meet at City Hall to Carpool
CERT May Monthly General Meeting	Thursday May 11 <sup>th</sup>	6:30pm-8:00pm Room B7 in the Civic Center
Disaster Living Class	Saturday, May 20 <sup>th</sup>	Location TBD
Advance 1 <sup>st</sup> Aid Class	Saturday, June 3 <sup>rd</sup>	8:00am-2:00pm Room B7 in the Civic Center
CERT June Monthly General Meeting	Thursday June 8 <sup>th</sup>	6:30pm-8:00pm Room B7 in the Civic Center
4 <sup>th</sup> of July Parade	July 4 <sup>th</sup>	HB CERT Event Support
CERT July Monthly General Meeting	Thursday July 13 <sup>th</sup>	6:30pm-8:00pm Room B7 in the Civic Center
US Open	July 29-August 6, 2017	HB CERT Event Support



## Huntington Beach Community Emergency Response Team 2017 schedule

HBCERT Events 2017	Date	Details
Senior Saturday	Saturday, Sept. 9th	HB CERT Event Support
CERT September Monthly General Meeting	Thursday September 14th	6:30pm-8:00pm Room B7 in the Civic Center
CERT Fall Basic Training	August, October or November 2017	Training for membership Time & Location TBD
HB Air Show	Sept. 30-Oct. 1	HB CERT Event Support
CERT October Monthly General Meeting	Thursday, October 12th	6:30pm-8:00pm Room B7 in the Civic Center
Fire Department Open House	Saturday, Oct. 14	Additional details 10a-2p CNET fire station HB CERT Event Support
Huntington Beach Hospital Flu Shot & Health Fair	TBD*	Time TBD
CERT November Monthly General Meeting	Thursday, November 9th	6:30pm-8:00pm Room B7 in the Civic Center
CERT December Monthly General Meeting	Thursday, December 14th	6:30pm-8:00pm Room B7 in the Civic Center

\* Event dates will be announced as they become available

\*\* Events may be added or removed to the calendar

# Become a Fire Department Volunteer

## Get Your Home and Family Prepared



Potential impact of a 7.8 earthquake on the San Andreas Fault

### What is CERT?

CERT (Community Emergency Response Teams) is a FEMA endorsed training program that prepares you to help yourself, your family, your neighbors and your community in the event of a disaster. During an incident, emergency response personnel could become overwhelmed and resources will be limited. By becoming CERT trained, you will gain the skills to help emergency responders save lives and property. Once you have completed the training, you have the opportunity to become a Fire Department CERT volunteer.



### What Will I Learn?

By taking CERT you will learn:

- How to prepare your home and family for a disaster
- How to perform basic first aid and CPR
- How to safely search a building for trapped victims and rescue them
- How to put out small fires using a fire extinguisher
- How to survive outdoors if you cannot return to your home because it is unsafe
- How to use all these skills to create a Neighborhood CERT Team



## CLASS 1

Emergency Management  
&  
Homeland Security Office  
2000 Main Street  
Huntington Beach, CA 92648



### What do CERT Volunteers do?

CERT volunteers are trained to prepare for and respond to a disaster until first responders arrive. You will be taught to manage a disaster in your home, work, neighborhood or school. After taking care of your home, family and neighborhood, you will help the city with duties such as providing damage assessment information, sandbagging, sheltering, helping in the Emergency Operation Center (EOC), and providing support to the Fire Department and Police Department.



# Huntington Beach Fire Department

## A Class1 Fire Department

**CLASSES ARE FREE  
BUT YOU MUST  
REGISTER ONLINE AT**

[www.huntingtonbeachca.gov/cert](http://www.huntingtonbeachca.gov/cert)

**FOR MORE INFORMATION  
CALL**

**Carol Burtis @  
714-536-5979**



The CERT Basic Series consists of nine units that build on each other and end with a disaster drill where you can practice what you have learned. Unit topics include:

### **Disaster Preparedness & Terrorism**

Learn what threats Huntington Beach residents face, how the City will respond in a disaster, and how you can get your home, family, neighborhood, school and/or business prepared to respond to emergencies.

### **Disaster First Aid (Medical Ops I & II)**

Learn creative first aid solutions to common injuries resulting from an earthquake, or other disasters, and the ABC's of disaster first aid. Additional topics include splints, slings, treating burns, impaled objects and shock. Learn how to triage disaster victims.

### **Light Search & Rescue/Fire Suppression**

Learn how to do a safety size-up, lift 1000+ pounds using simple leverage techniques, properly search for trapped victims, shore up an unsafe structure, and safely move the injured. Learn to use a fire extinguisher and put out a live fire, fire safety and prevention, how to shut off utilities and secure items that may cause injuries in an earthquake. Finish the class with a disaster drill that will test your newly acquired skills.

**FREE** classes are available for March 2017.

#### **Class Dates/Times**

Tuesday, March 21 & 28

Thursday, March 23 & 30, 6:15pm to 9:15pm  
and

Saturday April 1; 8:00am - 4:00pm

**You must attend all 5 classes to graduate**

[www.huntingtonbeachca.gov/cert](http://www.huntingtonbeachca.gov/cert)  
***Neighbor Helping Neighbor***



**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, 6:30 PM  
March 9, 2017 in HB City Council Chambers
- Field Trip to County EOC, Saturday March 11
- Spring Basic Training in March, see flier
- CERT General Membership Meeting, 6:30 PM  
April 13, 2017 in B8
- Field trip to OC Water District, Saturday, April 29

**CPR Classes**

Fire Med customers can take CPR classes for free and non-FireMed customers can take classes for a fee.

- Saturday, March 11, 10:00 am – 1:00 pm
- Wednesday, March 22, 6 :00pm – 9:00 pm
- Saturday, April 8, 10:00 am – 1:00 pm
- Wednesday, April 19, 6 :00pm – 9:00 pm
- Saturday, May 13, 10:00 am – 1:00 pm
- Wednesday, May 24, 6 :00pm – 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.

Virginia Petrelis (Editor), Peter Petrelis (Publisher), Anna Pinter, Cynthia Goebel, Art Weiland, Carol Nehls, Bob Zamalin, Rajarajeswari (Raji) Shunmugavel, Brenda Welch, Barbara Scott, Hannah Kilbourne



**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!)