



CITY OF HUNTINGTON BEACH CERT NEWSLETTER

SINCE 1991

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HB CERT HIGHLIGHTS

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March 14 CERT Meeting

By Carol Burtis

On Thursday, March 14 in room B8 at City Hall we will have our monthly CERT meeting. Our guest speaker will be from the National Weather Service and we will learn how to be a Weather Spotter <https://www.weather.gov/SKYWARN>.

Tsunami Preparedness for Tsunami Preparedness week will also be presented. <https://nws.weather.gov/nthmp/tpw/tsunami-preparedness-week.html>

I have been a part of the NWS Spotter/Skywarn program for several years. While we typically do not have a lot of "weather" to report, when we do they truly appreciate hearing from us. We are the eyes and ears that they need to keep them updated on what is going on in Huntington Beach. This training will teach you what, when and how to report weather issues.

You will also get on the Coast to Cactus Newsletter email list which is published quarterly. This is the link for the most recent newsletter.

<https://www.weather.gov/media/sqx/newsletter/current-newsletter.pdf>

If you love weather like I do (at least when we have "weather") you won't want to miss this fun and informative training!

Spring 2019 FEMA CERT Training Class

By Virginia Petrelis

Tell your friends and neighbors! The next class will be held:

- Friday, March 22, 6 pm-10 pm
- Saturday, March 23, 8 am to 5 pm
- Sunday, March 24, 8 am to 5 pm

Attendance on all three days is required to graduate. Topics covered are Disaster Preparedness & Terrorism Awareness, Disaster First Aid, and Light Search & Rescue/Small Fire Suppression.

Class registration is available on line on the CERT website

Help Needed for March 22-24, 2019 CERT Class

By Carol Burtis

I am looking for volunteers to help with class registration, logistics, general "helpers" and as volunteer victims for the "Drill Your Skills" portion of our CERT class. Visit the CERT website at: <https://www.huntingtonbeachca.gov/government/departments/fire/cert/cert-members-login.cfm>, log in using your CERT ID # and the password **cert2013**. There are several dates/times you can click on to volunteer.

Volunteer victims can be non-CERT family, friends or children (12 and older). Those who want to help with the class need to be "active" CERT members. Active CERT members are those who have completed the DSW form and have been Live Scanned.

Please email me at carol.burtis@surfcity-hb.org if you have any questions.

We cannot do these classes without your help!

Decathlon Event with Costa Mesa and Newport Beach CERTS

By Carol Burtis

On Thursday, August 8, 2019 Huntington Beach CERT will be participating in a decathlon competition with our fellow CERT members from Costa Mesa and Newport Beach! We will be competing in several areas including Triage, Patient Packaging/Transport as well as Cribbing & Leveraging.

There will also be a social gathering at the end where we can have refreshments and get to know each other. This event will be open to the first 25 "Active" CERT Volunteers. To be an "Active" volunteer you must have completed the DSW form that I sent out to everyone last year and be Live Scanned.

“It Never Rains in California...”

By Phil Burtis

But when it does, it pours. And so your sandbag team has been active lately. In the last month we have delivered over 172 sandbags to 10 different clients, bringing the rainy season total to 30 clients and 509 sandbags.

A special thanks goes out to John Bishop who has been involved in almost every delivery. Susan Atchison, Justin Burtis, Almudena Fernandez, Cynthia Goebel, Mimi Irvin and Marc Morimoto have also been very active and we all appreciate their efforts.

Sometimes it's hard to know if the effort made a difference or not. We had delivered sandbags to four homes that already had water incursion into their homes that caused damage. Of those, only one called back because water had found its way into a second door, so the other three were good.

There is still another storm predicted for the upcoming week but, with any luck, the rainy season is close to over. We have had over 17" of rain here in Huntington Beach and over 11" of those since January 15. One day saw a little over 4" which is a lot of water for us.

If you'd like to be involved, but worry sandbags are too heavy for you, we have found that a team of three people is ideal. Two people do the heavy lifting and the third person can handle the paperwork, talk with the clients and help get bags opened and ready to be filled. For that third person, very little physical exertion is required and a most helpful and rewarding experience can be had.

In many cases the people we deliver to are more scared than threatened and just being able to ease their fear and provide some reassurance while the sandbags are being placed is a tremendous help.

Public Service in Paradise: The Virgin Islands

Excerpted from QST ARRL Magazine, March 2019

The Territory of the US Virgin Islands (USVI) is comprised of three islands: St. Thomas, St. John, and St. Croix. St. Thomas (population 40,000) is one of the busiest Caribbean cruise ship destinations, with some 1,500,000 annual passengers.

With the USVI's closest mutual aid responders some 1,000 miles away, Amateur Radio has historically played a vital role. There is a robust amateur community, with repeaters, nets, and clubs on each island. As category 5 hurricanes Irma and Maria pummeled the Caribbean, Amateur Radio provided a critical communications link for the territory. Hams supported local and federal partners, including communication with US Navy aircraft and vessels. Following the devastation from Hurricane Irma, first responder's priorities were rescue, medical evacuation, hospital recovery, damage assessment, port repairs and shelters.

Hurricane Maria caused catastrophic damage to St. Croix. The majority of buildings were damaged or destroyed. Some 95% of the utility poles in St. Croix had fallen, and the majority of cellular telephone sites were out. St. John was especially hard hit with eight of nine cell sites inoperable. Hams supported the Virgin Islands Territorial Emergency management Agency from September 5 through October 2, 2017. The various ham radio nets coordinated many medical evacuations, supply flights and other logistics.

Following Hurricanes Irma and Maria, a devastated St. John community awoke to the critical value of the Amateur Service. With the assistance of ham radio groups and two training sessions, the region gained 23 new hams in just six months. These new licensees include members of the community, St. John Rescue, the National Park Service, the Fire Service, and four youths under 13 years old. Another dozen future Technician licensees on St. Thomas are about to get their licenses. Local experienced hams are assisting new licensees with antenna building classes, public service opportunities and Field Day style exercises.

After the 2017 storms rocked the territory, FEMA employees, US Army Corps of Engineers, National Guard, US Army, Private consultants, linemen, National Park Service, and other relief agencies helped the USVI rebuild.

As for amateur service hardware, the territory ham repeater network was damaged. The sole on-air repeater provided handheld coverage to the helicopter landing zone and other critical locations. Through a philanthropic opportunity they were able to purchase new repeaters, controllers, link radios, PV panels, and batteries. The USVI interisland repeater system is now connected with resilient UHF links. Additional linked repeaters are currently being installed on all islands. When commercial power is lacking, PV panels and batteries power the systems. There are plans in progress to add Echo link/IRLP capability, as well as linking to Puerto Rico, and to link to a five-island system, with coverage reaching south to Dominica.

Logistical communications on behalf of public safety for triathlons, walkathons, and water based events continue to provide venues for new hams to practice their communications and technical skills. The 2018 ARRL Field Day also provided a great opportunity for new and veteran hams to exercise the new amateur systems, operator's experience, training, and the resulting new response capabilities.

For their efforts in post storm response, United States Virgin Islands (USVI) hams were awarded the AARL International Humanitarian Award and Fred Kleber, AARL Virgin Island Section Manager, was lauded for his individual efforts with the YASME Excellence Award.

For all the details and to follow future developments, read the full article at: www.vihamradio.org

The CERT Newsletter Team

Raji Shunmugavel

According to Cambridge Academic Content Dictionary, the word Newsletter is a printed or electronic document containing information about the recent activities of an organization, sent regularly to the organization's members. The CERT Newsletter has existed since CERT's earliest days.

Our CERT organization's Newsletter Team usually meets on the fourth Tuesday of the month in the Emergency Operations Center (EOC.) Our newsletter team consists of active members who participate in events, take pictures and write about their CERT related experiences. Additionally, we research and print articles on emergency preparation from outside sources.

Ideally, articles are submitted a few days prior to our newsletter day so we can read them in advance and begin the initial editing and formatting. Our Tuesday is a long fun-filled day. We have coffee and snacks in the morning while editing, usually go out to a nice place for lunch to relax and then get back to our work for the remainder of the afternoon.

Prior to February 2008, the newsletter was assembled and mailed out to the CERT members via the US Postal Service. But then the City "went green" and now it's all done on computers and is only available online.

The newsletter volunteers are important as they inform the members and the public, sometimes globally, of events and information.

Would you like to join our team or submit an article? We'd love to hear from you. You may email Virginia Petrelis at vapworks@yahoo.com if you have an interest.

Old Timers Corner: CERT Hams Remembered

By Richard Batistelli, human interest reporter

With the recent loss of one of my early mentors, John Fort, and after I spoke of him at his memorial, I thought of those past communications specialists whose leadership has helped create and advance CERT, Huntington Beach. I do not wish to be maudlin or lachrymose, but before my recollections fade and/or too much time passes and I become prothesis, I wanted to review the puissance of these pioneering HAM's.

In an upcoming newsletter, after I accomplish, through this research, a narrative of the early beginnings of HB CERT communications, I hope to describe the efforts of many of these original players. Likewise, if there are any hams or friends of hams with specific knowledge or memories prior to 2006, your assistance would be much appreciated.

Email please, rbatistell@aol.com. No calls. Pictures are useful.

The Role of Amateur Radio Emergency Service (ARES) Operators

From ARRL www.arrl.org/public-service

By Raji Shunmugavel

The Amateur Radio Emergency Service consists of

trained radio amateurs who provide Public Service Communications Support in their communities during good times and bad, through community events, disaster response, and various programs.

If you are a ham operator and wish to be an emergency communication volunteer you need to have the proper training and licensing to provide support in the event of an emergency or even in a non-emergency situation. Learn more about the ARRL Emergency Communications Training Course at: <http://www.arrl.org/online-course-catalog>

You need to be equipped with sustaining skills. What if when you get to a location, there is no food and the sleeping conditions are undesirable? Before you leave for your assignment, you need to make sure you have coping skills that enable you to be able to do your job operating under the conditions you are assigned to—from hardship conditions to making sure you're able to work the equipment. In addition to personal Go Kits, volunteers may need to bring their long-term Deployment Kits

You need to prepare your family for your absence. When you leave home and head for a disaster area, your family has to be both physically and mentally able to cope. After a disaster, when a volunteer comes home, he or she could experience some mental health issues, for which there are several resources. Many volunteers experience everything from fatigue or exhaustion to depression.

Where will volunteers be needed?

Public Service Events:

- Walk-athons, bike-athons, parades, festivals and community events.
- Time Commitment is typically defined in advance
- Equipment is minimal; often you will only be asked to bring a hand held radio.
- Responsibilities may include supporting the Communications needs of the Community agency such as crowd control efforts, first aid stations, parking, etc.

Localized Disaster:

- Flooding, tornadoes, or any substantial health event; where it might not disrupt major areas of communications, but there is still a need for communications to be set up.
- Search, rescue and traffic needs during the local disaster
- Time Commitment is less than a major disaster
- Typically the volunteer would be part of an organization. The organization would have a pre-planned list of expectations and roles.

Major Disaster:

- Wide-spread weather events, such as hurricanes, tornadoes, snow storms, earthquakes.
- A longer time commitment – several weeks to a few months.
- Volunteers need to prepare their families for their absences.
- Ways to volunteer. You would first want to become a member of your local ARES, CERT, RACES or local emergency management organization. Then try the American Red Cross or websites like www.Ready.gov

Susan McClaran's First Aid Corner

It's been really, really cold for us Californians lately. And, as many of us may be heading up to play in the snow, I thought it may be a good time to remind everyone about Hypothermia and how to treat it.

Hypothermia Treatment

1. Call 911 if You Suspect Hypothermia

- *Symptoms of hypothermia in adults and children include:*
- Confusion, memory loss, or slurred speech
- Drop in body temperature below 95 Fahrenheit
- Exhaustion or drowsiness
- Loss of consciousness
- Numb hands or feet
- Shallow breathing
- Shivering

In infants, symptoms include:

- Bright red, cold skin
- Very low energy level

2. Restore Warmth Slowly

- Get the person indoors.
- Remove wet clothing and dry the person off, if needed.
- Warm the person's trunk first, not hands and feet. Warming extremities first can cause shock.
- Warm the person by wrapping him or her in blankets or putting dry clothing on the person.
- Do not immerse the person in warm water. Rapid warming can cause heart arrhythmia.
- If using hot water bottles or chemical hot packs, wrap them in cloth; don't apply them directly to the skin.

3. Begin CPR, if Necessary, While Warming the Person

- If the person is not breathing normally:
- For a child, start CPR for children.
- For an adult, start adult CPR.
- Continue CPR until the person begins breathing or emergency help arrives.

4. Give Warm Fluids

Give the person a warm drink, if conscious. Avoid caffeine or alcohol.

5. Keep Body Temperature Up

Once the body temperature begins to rise, keep the person dry and wrapped in a warm blanket. Wrap the person's head and neck, as well.

6. Follow Up

At the hospital, health care providers will continue warming efforts, including providing intravenous fluids and warm, moist oxygen.

"Who Owns this Kid?"

By John Bishop

It was a typical January Huntington Beach Sunday afternoon. Watched a little football, 8 mile run and saved a kid. Just kidding, I only ran 7.5 miles!

Headed South on the Bolsa Chica State Beach bike path, there was Jesse. An 11 year old boy laying on the side of the path gasping, crying and not looking good. I almost missed him in my running mojo except for the two women standing near with desperation on their face. I asked if he was alright and they did not seem to know. Right then another man peddled up and putting my CERT training to action (remember – "call 911 first"), I instructed him to get the California State Park Ranger I had just passed about 100 yards prior. His response was "why, we don't even know what's wrong with him yet." Humm, good point. Time for the next step of my CERT training to kick in – introduce myself to the kid and do a head to toe review. From my sports coaching experience I quickly determined he had the wind knocked out of him and he needed help relaxing and taking deep slow breaths. We made direct eye contact, calmed down and used a little humor to bring Jesse around. Once all was good and Jesse was sitting up, a few new adults peddled up and stepped into the middle of the scene. It turns out, Jesse belonged to them and not the two original women. Jesse crashed as the last ride in the group and they never saw what had happened and kept going.

Jesse and the adults thanked me for the assistance and it was not until I was jogging away that it occurred to me that I never specifically asked and got the OK to help Jesse from an adult with authority. It did not matter in this case, but it might have. Every encounter of this type is a good teaching moment!



2019 FEMA CERT Spring & Fall Training Classes

Provided by the Huntington Beach Fire Department CERT Program

REGISTER ONLINE AT:

www.huntingtonbeachca.gov/cert

FOR MORE INFORMATION
CALL
Carol Burtis @
714-536-5979 or email
carol.burtis@surfcity-hb.org



Class location is TBD and will be emailed to you prior to the class. The CERT Basic Series consists of 20 hours of training covering nine units that end with a disaster drill where you can practice what you have learned. Unit topics include:

Disaster Preparedness & Terrorism Awareness

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

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 / Small Fire Suppression

Learn how to do a safety size-up, use simple leveraging to lift heavy objects, and to properly search for and remove trapped victims. Learn to use a fire extinguisher and actually extinguish a small live fire. Learn 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.

❖ ***The classes are free, but you must attend all 3 classes in either Spring or Fall to graduate.***

Spring Class Dates and Times

Friday, March 22; 6:00 PM - 10:00 PM
Saturday, March 23; 8:00 AM - 5:00 PM
Sunday, March 24; 8:00 AM - 5:00 PM

Fall Class Dates and Times

Friday, October 25; 6:00 PM - 10:00 PM
Saturday, October 26; 8:00 AM - 5:00 PM
Sunday, October 27; 8:00 AM - 5:00 PM

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, March 14, 2019, 6:30 PM in B8. Special speaker from the National Weather Service.
- Spring FEMA CERT Training Class, March 22 thru March 24. See flyer in this newsletter.
- CERT General Membership Meeting, April 11, 2019, 6:30 PM in B8

CPR Classes

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

- Saturday, March 9, 10:00 am – 1:00 pm
- Wednesday, March 27, 6:00 pm – 9:00 pm
- Saturday, April 13, 10:00 am – 1:00 pm
- Wednesday, April 24, 6:00 pm – 9:00 pm
- Saturday, May 11, 10:00 am – 1:00 pm
- Wednesday, May 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.

CERT NEWSLETTER STAFF: Virginia Petrelis (Editor), Peter Petrelis (Publisher), Richard Batistelli, Anna Pinter, Cynthia Goebel, Carol Nehls, Rajarajeswari (Raji) Shunmugavel, Cathy Stanfill

IMPORTANT ANNOUNCEMENT!

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