



# CITY OF HUNTINGTON BEACH CERT NEWSLETTER

SINCE 1991

October 2019

## HB CERT HIGHLIGHTS

- Oct 10 General Meeting Page 1
- The Great Shakeout, Oct 17 Page 1
- American Legion Post 133 Page 2
- Huntington Beach Farmer's Market Page 2
- Share What We Know Page 2
- CERT Newsletter Team Page 3
- August Activities Page 3
- Susan's First Aid Corner Pages 3—4
- Flyer, Huntington Beach Fire Department Open House Oct 12 Page 5
- Flyer, Huntington Beach Police Department Open House Oct 19 Page 6
- Photos: Senior Saturday Page 7
- Photos: CERT September General Meeting Page 8
- Photos: American Legion Pages 9—10
- CERT Mission Statement, Upcoming CERT Events and Activities, CPR Classes, Newsletter Staff Page 11



### October 10, 2019 CERT General Meeting By Carol Burtis

We are honored to have Heather Williams, PsyD, as our guest speaker at our October 10th meeting. She will be speaking about basic crisis intervention. Her biography is listed below.

#### Professional Summary

Heather Williams was a Program director with CSP Victim Assistance Programs for 14 years and oversaw all special victim programs which include: Homicide, Sexual Assault, Gangs, and Domestic Violence. In 2003, after responding to an active shooter event in Irvine, CA, she created the CSP Crisis Response Team.

As the coordinator of the Crisis Response Team, Heather spent 10 years responding to a number of critical incidents involving homicide, murder-suicide and workplace violence issues to mitigate the trauma experienced by victims, witnesses and the community. In 2011, she responded to the Salon Meritage mass casualty in Seal Beach, CA.

In 2014, Heather was hired by the Orange County Sheriff's Department (OCSO) as the Regional Peer Support Coordinator. Heather coordinates a team of 100 OCSO personnel, provides crisis counseling and critical incident debriefing, and promotes the Emotional Wellness Campaign. She is the co-founder of the Orange County Associate of Peer Supporters (OCAPS) and works in partnership with a number of police departments to help develop and sustain peer support programs and provide critical incident debriefing following a traumatic event.

In addition, Heather provides training on a number of topics that include, "The Impact of Trauma for First Responders," "Building Resilience in Law Enforcement Professionals" and "Employee Wellness."

For the past four years Heather and Investigator and SWAT Team Leader, Shane Millhollon, have presented "Active Shooter Response & Impact of Workplace Violence" in California and at conferences nationwide. After the San Bernardino terrorist attack in December of 2015, Heather and Shane were tasked by the County of Orange CEO's office to train county employees. In 2016 they conducted 85 presentations to county employees, community members, business owners, county contracted programs and at a number of different conferences.

**The meeting will be at City Hall, Rooms B7 and B8 starting at 6:30pm. I hope you can join us for this great meeting. Please RSVP by emailing me at [carol.burtis@surfcity-hb.org](mailto:carol.burtis@surfcity-hb.org) Thanks!**

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### The Great Shakeout October 17, 2019 By Carol Burtis

On October 17 at 10:17am, the Great Southern California Shakeout will take place. Are you planning to participate? If so, visit <https://www.shakeout.org/california> to register your participation!

For those of you who attended our September 12 CERT General Meeting, I announced I'm trying encourage all of our CERT members to participate in some way in this great annual event. I'm going to email you a reminder on Oct. 15 and also about 10:00am on Oct. 17. Then, after the Shakeout, email me a few sentences telling me what you and your family, friends, neighbors or co-workers did to participate. If possible, take pictures.

These notes and pictures will be published in the November CERT Newsletter! My goal is to get as many of you as possible to talk to everyone you can in order to get more participation in this necessary event!

## **American Legion Post 133 Celebration**

*By Phil Burtis*

On Saturday September 21, 2019, a group of our outstanding CERT volunteers supported the 100th anniversary of the Huntington Beach American Legion Post 133. We had both a first aid booth and an information booth. Dozens of youngsters learned hands-only CPR and many interested people picked up information packets and practiced with the gas meter.

The most touching moment was the appearance of a little 5-year old girl with a scrape on her knee. The first aid team sprang into action, got her calmed down, cleaned up and neatly bandaged the injury in short order. She was really worried the bandage would come off when she went swimming, so we made sure she had a couple extra on the way out. Well done, First Aid Team!

The celebration was very well attended by elected state officials, including Congressman Harley Rouda, State Senator John Moorlach, and Assemblyman Tyler Diep. Also attending were our own city council members: Mayor Erik Peterson, Patrick Brenden, Kim Carr, Barbara Delgleize, Jill Hardy and Lyn Semeta.

CERT wants to offer congratulations to Post 133 on 100 years of service to our community as well as their steadfast support for veterans and active duty personnel.

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## **Huntington Beach Farmer's Market**

*By Richard Batistelli*

On a recent balmy Tuesday evening, tourists and local residents alike, myself included, shared not just the beautiful climate of our enchanting community, but also the Surf City Nights Street Fair and Farmers' Market on Main Street. At this weekly outdoor event, the public can discover both fresh healthy farm produce and an assortment of appetizing, exotic regional menus.

The festival also features local vendors hawking an array of flowers, artwork, handicrafts and interesting sights and sounds. My presence there was more intellection than entertainment. It was an opportunity for Huntington Beach CERT to publicize its mission of "Disaster Preparedness."

Our stalwart CERT coordinator, Carol Burtis, was joined at our small booth next to the Long Board Restaurant by a coterie of volunteers, including Phil Burtis, Cesar Rodriguez and this humble scribe. Our diligent group spent this delightful evening "meeting and greeting" numerous NEW friends and neighbors and dispensing the all-important message of CERT, "BE PREPARED." Maybe you could join our team on the next visit to Main Street.

## **Share What You Know**

*By Susan McClaran*

We've all heard the phrases, "Pay It Forward," "Sharing Is Caring," "Knowledge Shared Is Knowledge Multiplied" and "Knowledge is Power." How about from Buddha, "There Is No Wealth Like Knowledge, and No Poverty Like Ignorance" and from the Dalai Lama, "Share Your Knowledge. It's a Way to Achieve Immortality". So let us all make sure to share what we know and have learned through CERT with our friends, families, coworkers and the community.

Recently, Automated External Defibrillator (AED) machines were installed on every floor of the ten story building where I am employed. We have 24/7 security guards. They had not been trained and had no idea of their responsibilities if an emergency happened on their shift. I gave each of them a quick ten minute lesson on using the AED machine and they were all grateful. One of them thanked me for taking the "mystery" of it away.

A couple of weeks later I gave the guards and my staff training in tourniquets and how to stop bleeding. Nothing major, no certifications, just a quick training that had them walking away a little more empowered.

My most recent training was a little heartbreaking, but I had to do it. It was to teach my grandson (10 soon to be 11), who just entered middle school, Active Shooter Training and what to do (Run, Hide, Fight). He also learned how to use a tourniquet and how to improvise a tourniquet. Sad, but it is the state of our world in which we live these days and now he also feels a bit more empowered.

I am not the only one doing this. We have many of our CERT volunteers drawing their neighbors together and having Carol Burtis come out to give preparedness talks.

Stephanie Deagle is very active at her work, as well as in her neighborhood. Karen Robinson teaches what she has learned in her classes to her students and Mimi Irvin is very active in keeping her co-workers, friends and family well trained. I know there are many of you already sharing what you know and that is wonderful!

Please think about sharing a little bit of what you've learned, whatever that may be, first aid, family preparedness, search and rescue or extinguishing fires. All it takes is a few minutes of your time or maybe just giving a copy of a handout you've received at a meeting. It is such a wonderful feeling, seeing people light up when they have learned something new, after all, sharing is caring.

Lastly, make sure and let Carol Burtis know what you shared, with whom and how the information was received. She would appreciate learning how CERT members are engaging in the communities in which we live, work and play.

## CERT Newsletter Team

By Raji Shunmugavel

When I joined Huntington Beach CERT, the Newsletter was put together using “cut and paste” and mailing hard copies to Huntington Beach residents. For almost a decade now, it has been done electronically and members are notified each month when it is available to read or download.

Our newsletter team meets in the EOC on the 4th Tuesday of every month from 9 am until we finish. Sometimes members bring in treats to serve with morning coffee and we always enjoy our leisurely lunch break in a local restaurant.

Jobs and Tasks: We receive articles, pictures and announcements from the CERT board and CERT members about all things CERT related. On “Newsletter Day” we work on the EOC computers proofreading, editing and formatting. It is a team effort and we have a lot of fun and laughs.

We invite our HB CERT volunteers to submit articles or visit the EOC on Newsletter Day to help with this endeavor. You can submit articles to Carol Burtis at [carol.burtis@surfcity-hb.org](mailto:carol.burtis@surfcity-hb.org) or Virginia Petrelis at [vapworks@yahoo.com](mailto:vapworks@yahoo.com) by the 4<sup>th</sup> Sunday of the month for the next month’s edition.

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## August Activities

By Raji Shunmugavel

During the month of August I had the opportunity to participate in two CERT activities:

### The National Night Out, August 6, 2019

National Night Out is held on the first Tuesday in August. It promotes police community partnerships in neighborhood across the country. The event focuses in the community and raising awareness through camaraderie. By improving area relationships the hope is to make our neighborhoods safer.

Shining a spotlight on Community Police Programs, this event increases connection between those who serve and their neighborhoods. Through a variety of programs designed to educate and improve relationships, dialogues open. The National Association of Town Watch sponsors National Night Out in the United States and Canada. Although the origins date back to the early 1970’s, the day has been celebrated since 1984.

This year the event in Huntington Beach was held on the lawn behind the library in Central Park. CERT, RACES and the Senior Center booths were stationed near each other. I signed up to help with the Senior Center. But as RACES Communicators were setting up antennas for their booth almost 45 minutes ahead, I joined in helping with the antennas. The Magnetic Loop Antenna was quite fascinating. During a disaster recovery, these antennas will play a vital role with communication. This was a great learning experience for me.

## 1<sup>st</sup> Annual CERT Decathlon

In an effort to have local Orange County CERT programs (specifically neighboring CERT programs) train, interact and practice their skills, Costa Mesa, Huntington Beach and Newport Beach Fire Departments held their 1<sup>st</sup> Annual CERT Decathlon. The annual event was held on Wednesday, August 7<sup>th</sup> from 6:00pm-8:00pm at Newport Beach Fire Station #7 (20401 Acacia, Newport Beach).

Each of the respective city CERT programs participated with teams of 20 volunteers from their programs. Each team participated in three 20 minute activities that were scored. Upon completion of the three activity rotations, all CERT teams met for the announcement of which team performed the best and for an ice cream social. A certificate was handed out for all the participants.

Decathlon Station #1: Shore and Crib exercise: Manikin carry--each CERT Team was tasked with rescuing two trapped victims under two large boards. Once completed, they were asked to demonstrate two carries with a manikin.

Decathlon Station #2: CERT Field Operating Guide quiz: Each CERT team was tasked with completing as much of the CERT Field Operating Guide quiz in 20 minutes.

Decathlon Station #3: Triage/medical treatment area: CERT teams were tasked with triaging a group of paper “victims” onto the correct “tarp” and, once completed, were tasked with setting up a medical treatment area and completing the appropriate medical ICS forms.

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## Susan McClaran’s First Aid Corner

I was asked about what to do for snake bites in our last Red Cross class and I thought, since Halloween is around the corner, what better topic than to address all things creepy and crawly! I am no expert in this area, so here is information on bites and stings from WebMD.

- **Snakebite Treatment:**

**CALL 911 IF:**

**There is any chance that the snake is venomous**  
**The person has difficulty breathing**  
**There is loss of consciousness**

**If you know the snake is not venomous, treat as a puncture wound.**

1. Note the Snake's Appearance. Be ready to describe the snake to emergency staff. \*\*\*Susan Note: If you kill the snake, please be careful as the head has a 20-30-minute reflex and can still bite you even if you chop its head off.\*\*\*

(continued on page 4)

**2. Protect the person while waiting for medical help:**

Move the person beyond striking distance of the snake  
Have the person lie down with wound below the heart  
Keep the person calm and at rest, remaining as still as possible to keep venom from spreading  
Cover the wound with loose, sterile bandage  
Remove any jewelry from the area that was bitten in case of swelling  
Remove shoes if the leg or foot was bitten in case of swelling

**DO NOT:**

Cut a bite wound  
Attempt to suck out venom  
Apply tourniquet, ice, or water  
Give the person alcohol or caffeinated drinks or any other medications

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• **Spider Bites:**

Spider bites are common, and most are not very dangerous. However, some spiders, such as the black widow and brown recluse, are very poisonous. These bites can cause fever, chills, joint pain, stiffness, muscle spasms, and more. Death is rare but possible. If you are bitten by a spider and experience any unusual symptoms, seek medical attention.

**Black Widow:**

**CALL 911 IF THE PERSON:**

**Has trouble breathing or shows signs of shock**

**1. Get Help Immediately**

Call your health care provider or go to a hospital emergency room.

If possible, kill the spider and take it to the doctor with you.

Symptoms include target-like marking and slight swelling at wound site, muscle pains and cramps within two hours of the bite. Other symptoms are weakness, headache, nausea, vomiting, sweating, dizziness, itching, anxiety, and increased blood pressure.

**2. Treat Symptoms**

Apply ice on the way to the health care provider's office or emergency room to relieve pain and swelling.

The person may require a tetanus shot or booster, depending on the date of the last injection.

A person with severe symptoms -- such as intense pain and cramping or high blood pressure -- may be admitted to the hospital. Antivenom may be needed.

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• **Bee Stings:**

**CALL 911 IF THE PERSON:**

**Has been bitten or stung and has sudden hives, swelling in the face, difficulty breathing, dizziness, or fainting**

**Had a serious allergic reaction to an insect bite or sting before** \*\*\*Susan Note: Ask if they have an EPI Pen and if so, assist as needed\*\*\*

**1. Remove the Stinger (for Honeybee Stings)**

Honeybees and yellow jackets are the only insects that leave a stinger in the skin. Scrape the area with a fingernail or credit card to remove it.

Don't pinch the stinger with your fingers or tweezers - that can inject more venom.

**2. Clean the Area**

Wash the bite or sting with mild soap and water.

**3. Treat Symptoms**

Remove any tight jewelry from the area of the bite or sting. It could be hard to get off once the area swells.

Ice the area for 10 minutes and then remove the ice for 10 minutes. Then repeat.

If the sting was on an arm or leg, elevate the area.

\*\*\*Susan Note: \*Pain Relievers and Antihistamine's can help but as CERT, we cannot use these products on others.

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• **Scorpion Stings:**

A jab from this critter's curvy tail is painful, but it rarely causes an allergic reaction.

You might have minor problems, like pain, swelling, numbness, and tingling at the site. Put ice on the area to bring down the swelling. Take an antihistamine or use a hydrocortisone cream to ease inflammation and itching.

\*\*\*Susan Note: Remember, as CERT, cannot use products on others\*\*\*

It might be a different story if you live in the U.S. Southwest. The bark scorpion, which is common in this area, has venom that causes symptoms like fast breaths, high blood pressure, a racing heart, weakness, and muscle twitches. They're light tan with a little darker back, about 2-3 inches long, and if you have a UV light, they may glow in the dark.

If you think one has stung you, call your doctor or go to the emergency room. If you can, bring the scorpion with you. Drop it into scalding water to kill it first. Then put the body in a storage bag or lidded box.

**To avoid stings:**

Wear shoes, particularly at night.

Put on gloves when you work in the yard, lift rocks and logs or collect firewood.

When you camp, don't sleep on the bare ground.

Shake out your shoes before you put them on, especially if you've left them outside or in a basement or garage.





# HUNTINGTON BEACH FIRE DEPARTMENT

## 2019 OPEN HOUSE

Saturday, October 12  
10am to 2pm

Fire Station 1 - Gothard  
18311 Gothard Street

Firefighting Demonstrations at  
11:00 am & 1:00 pm include:

House Fire, Vehicle Extrication,  
Residential Fire Sprinkler System, &  
Fireworks Demo by OC Sheriff's Dept.

In recognition of National Fire Prevention Week  
([firepreventionweek.org](http://firepreventionweek.org))

NOT EVERY HERO WEARS A CAPE.  
PLAN AND PRACTICE YOUR ESCAPE!

714 536-5411

FOR MORE INFO

Refreshments prepared courtesy of the Huntington Beach Firefighters' Association and beverages provided by the Fire Management Association



# Huntington Beach Police Department Open House

Saturday, October 19

10am - 2pm

2000 Main Street  
Huntington Beach, CA

92648



Join Us for:

- Police Station Tours
- Police Vehicle Displays
- Safety/Resource Booths
- Department Demonstrations



Follow us on:



SENIOR SATURDAY SEPTEMBER 7, 2019



CERT GENERAL MEETING, SEPTEMBER 12, 2019



AMERICAN LEGION POST 133 CELEBRATION SEPTEMBER 21, 2019



AMERICAN LEGION POST 133 CELEBRATION SEPTEMBER 21, 2019 (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

- CERT General Membership Meeting, Thursday, October 10, 2019, 6:30 PM in B8. (see p1 for more information)
- Fire Department Open House, Saturday October 12, 2019 10 AM to 2 PM
- Police Department Open House, Saturday October 19, 2019, 10 AM to 2 PM

**See CERT Portal to sign up for the following volunteer and training opportunities below:**

- CERT Class Logistics help, October 25, 27
- CERT Class help, Sunday, October 27, "Victims" needed in "drill your skills" portion of the class.

### CPR Classes

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

- Saturday, October 12, 10:00 am – 1:00 pm
- Wednesday, October 23, 6:00 pm – 9:00 pm
- Saturday, November 9, 10:00 am – 1:00 pm
- Wednesday, November 20, 6:00 pm – 9:00 pm
- Saturday, December 14, 10:00 am – 1:00 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](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!)**