



CITY OF HUNTINGTON BEACH CERT NEWSLETTER

SINCE 1991

April 2018

HB CERT HIGHLIGHTS

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CLASS 1

Thursday, April 12, 2018 CERT General Meeting and Awards Ceremony

By Phil Burtis

Our next CERT monthly meeting - Thursday April 12th at 6:30pm - will be special and we'd like to invite everyone to attend.

What makes this special you ask? We will be having refreshments and acknowledging all the contributions of YOU, our amazing CERT volunteers.

The general meeting is being hosted by the Huntington Beach Fire Department Administration Office so it would be great to have a good turnout. They provide a lot of behind-the-scenes support to us and appreciate us. CERT appreciates everything the fire department does to help Carol keep us as one of the premier CERTs anywhere.

We need to plan for the refreshments, so please reply to an email sent by Carol if you plan to attend. We look forward to seeing you there!

CERT Responder Class

April 14, 2018

By Carol Burtis

We will be having a CERT Responder Class on Saturday, April 14 starting at 8:00am and it should last a little over four hours. This class is for any CERT volunteers who wish to respond to the City or the County in an emergency. All of the classes listed below are required, but may be taken in any order.

To become a responder for the City of Huntington Beach, the first steps are to:

- Successfully complete the basic CERT 20 hour class
- Obtain a Live Scan
- Complete the Red Cross First Aid/CPR/AED class
- The CERT responder class
- The FEMA IS317 Introduction to CERT online class

<https://training.fema.gov/is/courseoverview.aspx?code=IS-317>

To become a responder for both the City of Huntington Beach and Orange County you must complete all of the requirements to be a City Volunteer plus a Red Cross Shelter Fundamentals Class, the CERT Responder Class and the following FEMA online classes:

FEMA IS 100 - <https://training.fema.gov/is/courseoverview.aspx?code=IS-100.b>

FEMA IS 200 - <https://training.fema.gov/is/courseoverview.aspx?code=IS-200.b>

FEMA IS 700 - <https://training.fema.gov/is/courseoverview.aspx?code=IS-700.b>

To sign up for the CERT Responder class on April 14, please visit the CERT member login page. Once you are logged in, you can scroll down to the button for the class and register. For our new CERT 20 hour class graduates that have not completed their Live Scan, you can register for the class by sending me an email at carol.burtis@surfcity-hb.org. Please sign up as soon as possible if you intend to take this class as we need to make arrangements for presenters, course materials, etc. We look forward to seeing you there!

Live Scans

By Carol Burtis

I am pleased to announce to our CERT volunteers that you are now able to have your Live Scan for CERT done here in Huntington Beach. To do your Live Scan, contact me at carol.burtis@surfcity-hb.org so I can email you the form and then you can call and schedule an appointment for the Live Scan. The cost of the Live Scan is \$32.00 payable (by check only) at your appointment. Once your Live Scan is processed, I will email you to set up an appointment to make your CERT ID badge. I am so pleased to be able to offer this service to you at the lowest cost out there with the added convenience of it being in Huntington Beach! Please call me if you have questions.

Neighborhood Disaster Teams

By Carol Burtis

One of the strategic CERT goals for 2018 is to revitalize neighborhood CERTs. The CERT mantra has always been to take care of yourself first, then your family, then neighbors and finally the City (should you desire). We have had different programs over the years, but the basic problem we see most often is that after initial ramp-up, as time goes by, people leave, interest wanes and preparedness decreases.

As a result, we are announcing a new program called Neighborhood Disaster Teams (NDT) and we will be rolling out information on it as 2018 proceeds.

Based on our recent survey to which most of you responded, we had 26 people who were willing to help create and organize this program, plus another 31 who would like to get it started or restarted in their neighborhood.

We will hold a special four-hour class on Saturday, May 19 (see flyer in this newsletter). We ask you to put your name and contact information on this flyer, either email or hand deliver it to your neighbors and then email me (carol.burtis@surfcity-hb.org) your list of names. We request that you accompany your neighbors to this class.

In the future, stay tuned for more details as CERT begins to develop this new neighborhood program (NDT). We are searching for volunteers who are willing to be area coordinators. The coordinators would keep neighborhood leaders informed, motivated and bring their needs and suggestions to CERT leadership. Hopefully, more frequent communication, training and CERT participation in classes, drills and the general meetings would help to revitalize the CERT neighborhood program. The more CERT volunteers participate, skill levels increase thus minimizing decreasing interest in CERT. This would prepare us for disasters in our home, neighborhood, community and the City. We hope our interesting future program will encourage you to become part of our CERT family.

The HB Marathon

By Don and Becky Mabe

04:30 is 04:30 whether you're a volunteer or not. Working the Huntington Beach marathon for the first time was a very eye opening but rewarding experience. Becky and I went through CERT training last year and just kept going. We have volunteered for most every event and have gone through additional training such

as HAM radio license which brought us to the Huntington Beach Marathon for the first time.

We were assigned to the 340 acres of the Central Park loop portion of the marathon, to serve as the communications link for this section of the course. It was a relaxing portion of the race but a trying one at the same time. As only the full marathoners came through the park, we did not have the volume of runners (or incidents) as other parts of the marathon, but we did have to really work our radio skills to maintain communications from under the canopy of the trees and down in the valley of the park.

Some of the great things we experienced were listening to the high school band that was encouraging the runners and interacting with the staff manning the real-time timing station. The airwaves were abuzz with calls for assistance at the medical tents. We heard calls from heat exhaustion to heart attacks.

We were surprised, as first timers at the marathon, how many CERT, RACES and Fire Department personnel are required to make this event successful.

From My CERT Perspective

By Richard Batistelli

One of the many benefits derived from being a member of, and participating in, Huntington Beach CERT activities, is the knowledge garnered from reading its monthly periodical, the CERT NEWSLETTER. Great effort is expended by a select team of dedicated subject matter specialists, endeavoring to provide an informative and entertaining read of current events and stories gleaned from relevant journals and articles.

Discussions on First Aid, Disaster Communications, Water Safety, and generally, Emergency Preparedness, and more, are included within its pages on a regular basis. Additionally, a wide variety of personal interest and anecdotal stories from the general membership are often included.

In conclusion, this novice reporter, after watching all the time and effort associated with the preparation and publication of this important voice of Huntington Beach CERT, wish to personally, and hopefully collectively, thank those unsung providers of this monthly communication to its membership.



Spring Basic CERT Class 2018

By Phil Burtis

In the biggest class we've had in years, 63 people graduated from the 20 hour CERT Basic Training class March 9-11, 2018.

The class was held at the Rodgers Seniors' Community Center and 22 current CERT volunteers helped with registration, logistics, teaching, or just plain helping wherever needed. In addition we had several volunteers who acted as 'victims' for the final skills exercise.

Due to rain, our usual leverage and cribbing demonstration was held inside so we were a bit limited on practicing our skills. Nonetheless, the crew of Huntington Beach Truck 45 put on a great show of techniques to lift a large file cabinet we dragged in. Actually, in some respects, that is more realistic of something we might be faced with (as opposed to the 2,000 pound concrete blocks), so it went really well.

All the comments we got back about the instructors and training were positive. We know a couple of the videos are a bit 'dated', and hopefully FEMA will be getting some updates this year. The biggest complaint was the sound system so maybe we can investigate alternatives next time. Otherwise, for all the instructors and helpers: we give you a big thank-you for being there and making it an enjoyable and practical class. They learned a lot!

Next November, when we have the fall class, please consider joining as a helper or victim if you've never done that before. You learn a lot just by participating. We hope to see you in November.

Here's a link to pictures from the class:

<https://pburtis.imgur.com>

March 8, 2018 CERT General Meeting

By Raji Shunmugavel

At our meeting, Phil Burtis gave a power point presentation with the results of the Survey Monkey that was recently sent out to all Huntington Beach CERT members and a chart of all the 2017 activities in which members participated. The number of volunteer hours donated by CERT volunteers was very impressive. You will find the charts in this newsletter.

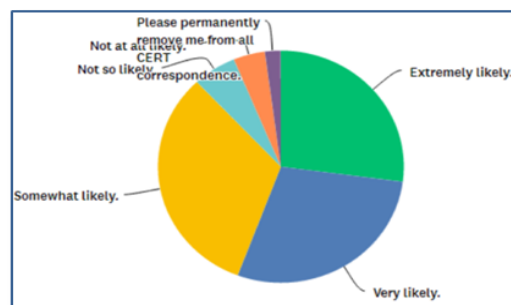
Phil also showed an interesting FEMA video titled "Safety in the Post Disaster Environment." If you missed the meeting, the video can be viewed at: <https://www.fema.gov/media-library/assets/videos/109852>

2018 CERT Database Update and Survey Results!

By Phil Burtis

Thank you to everyone who completed the 2018 CERT database update survey. It is important to keep track of who is still with us and what volunteers are willing to do and in what areas they would like to see improvement.

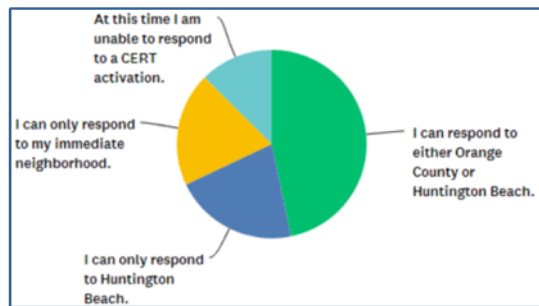
One of the key questions was "how likely are you to continue with CERT in the future". The fantastic answer was that over 50% of the respondents were very likely or more, and over 80% are at least somewhat likely. That is excellent – thank you!



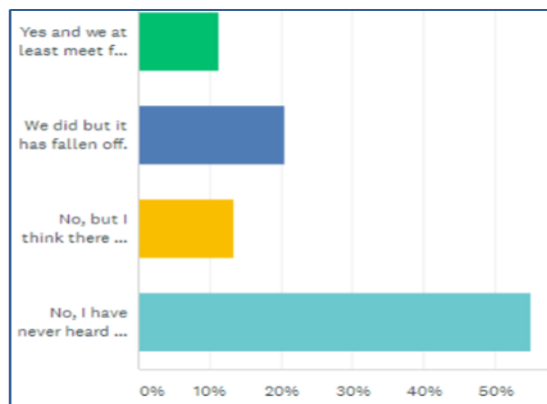
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2018 CERT Database Update and Survey Results! (continued from page 3)

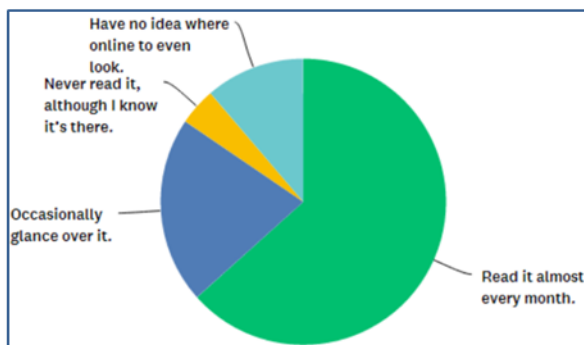
The next great answer was that nearly 70% could respond to the City or County, with County having a 46% response. That's fantastic. We will be trying to correlate those people with our existing CMAP-qualified list and make sure those lists line up.



The big surprise was that some 55% of the respondents had never heard of a neighborhood CERT team anywhere near them. Perhaps as we roll out the new program we're calling Neighborhood Disaster Teams, we can directly address that. Of note is that 26 individuals indicated they'd be willing to help create and promote the program.



The final feel-good response was when asked who reads this monthly newsletter, over 60% said they read it every month and over 80% said they read it at least once in a while. Fantastic!



Thank you again for taking the time to complete the survey. The information and comments are invaluable.

2017 CERT Activities!

By Phil Burtis

CERT team members assisted the City in 28 different events in 2017, logging in 2641 hours (and probably many more went unlogged!). Opportunities open to members were 11 trainings (4 on the county level), 9 large support activities, 5 information booths, 2 field trips and 1 holiday party.

Event	Date(s)
Sandbagging during winter rainstorm	Jan-Mar
CERT Member 1 st Aid/CPR/AED Class	Jan 21 st
HB Marathon	Feb 5 th
County EOC Tour	March 11 th
Spring CERT Class	Mar 21 st - Apr 1 st
Masonic Lodge	Apr 8 th
John Wayne airport MCI drill	Apr 14 th
Orange County Water Department field trip	Apr 29 th
Disaster living class	May 20 th
Irvine Active Shooter Exercise	May 31 st
CERT Member 2 nd Aid/CPR/AED Class	June 3 rd
FD Radio Shadow Drill	Jun 3 rd
OC Health Agency Biohazard exercise	Jun 5 th
CERT Member 3 rd Aid/CPR/AED Class	June 17 th
4th of July Parade	Jul 4 th
Sunset Beach Expo Day	Jul 15 th
US Open of Surfing	Jul 29 th - Aug 6 th
Neighborhood Watch National Night Out at Target	Aug 1 st
CERT Member Red Cross Shelter training class	Aug 12 th
Senior Saturday	Sep 9 th
Sponsored Dr. Lucy Jones presentation on Business Disaster Recovery	Sep 19 th
Iustin Active Shooter Exercise	Sep 30 th
HB/Breitling Airshow	Sep 30 th - Oct 1 st
Boeing Booth	Oct 11 th
FD Open house	Oct 14 th
Fall CERT Class	Oct 20 th - 22 nd
HB Hospital Flu Shot Clinic Day	Nov 11 th
CERT Holiday Party	Dec 14 th

It's Spring!! Getting the Urge to Clean? An Excerpt from the National Safety Council (NSC)

By Susan McClaran

With the warm weather comes a desire to shine and polish your home. When warning labels are ignored or chemicals fall into the wrong hands, disaster can occur.

Most of us live with dangerous poisons lurking in kitchen cabinets, hallway closets, basements or garages.

More than 300 children are treated in the U.S. every day and two die as a result of poisoning, according to the Centers for Disease Control and Prevention (CDC).

The CDC recommends keeping toxic products such as cleaning solutions in their original packaging, out of sight and out of reach of curious children. The Environmental Protection Agency defines a toxic substance as any chemical or mixture that may be harmful to the environment and to human health if inhaled, swallowed or absorbed through the skin.

Children are more vulnerable than adults to the adverse effects of chemical pollutants. Their bodies are developing rapidly and their hand-to-mouth activities make them more susceptible to toxic exposure, according to the Children's Environmental Health Network, which studies primarily toxins in household products, home furnishings and building materials.

Household Products

Experts recommend scrutinizing all household products, including:

- Laundry packets
- Floor and furniture polish
- Cosmetics
- Paints
- Markers
- Glue
- Drain and toilet cleaners
- Oven cleaners
- Glass, wood and metal cleaners

These products may contain chemicals such as ammonia, sulfuric and phosphoric acids, lye, chlorine, lead, formaldehyde and phenol.

Cleaners can burn skin, irritate eyes and cause respiratory harm, and formaldehyde, found in some air fresheners, is a highly toxic cancer-causing agent. Phenol, used to kill bacteria and fungi, is found in disinfectant and antiseptic products, mouthwashes

and throat lozenges. Exposure to high amounts of phenol can cause burns, liver damage, irregular heart beat and death.

What Can You Do to Reduce Risk?

Make informed decisions about the type of products you bring into your home. Before you buy, read the label to make sure you know exactly what you're purchasing. Also, understand terms and definitions found on product labels:

•"Caution" indicates the lowest level of potential harm

•"Warning" indicates a higher level of potential harm, meaning you could become seriously ill or injured

•"Danger" indicates the highest level of potential harm: tissue damage to skin, blindness, death or damage to the mouth, throat or stomach if swallowed

NSC recommends periodically cleaning out storage cabinets and carefully following disposal instructions indicated on product labels.

Living with chemicals is a reality. Understanding risk and limiting exposure are paramount to keeping your family safe.

***please call 911 in any emergency situation and make sure to have the following number in your cell phone: Poison Help at 800-222-1222

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. Use gloves to remove any contaminated clothing. 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.

For more information: <https://www.epa.gov/pesticides>, <http://www.who.int/ceh/risks/en/>

Bee Sting

By Raji Shunmugavel

In response to the email sent from Carol Burtis, I agreed to play a "victim" role at the CERT Spring Training Classes held at the Rodgers Seniors' Center over the weekend of March 9, 10, 11, 2018. Sunday was the day of the Search and Rescue class for the students.

When I arrived at the Center, Carol asked me to choose my victim's role from a list. Most of us were live actors and the other roles were filled by stuffed dummies that we call "Gumbys." There were four "houses" or rooms in the Senior Center used for this class.

The part I chose was for the 3 pm class. The tag read like this:

House #3

Victim's symptoms:

Shaking & upset

Complains of pain in the right wrist

Able to walk

As my part did not involve makeup, Carol asked me and several other actor volunteers to put signs around the senior center in preparation for the building damage portion of Search & Rescue. As we always have to pair up with a buddy, Carol sent me with John Bishop to post papers outside. When we were coming around the outside of the main entrance on Orange Avenue, I saw a trash can and I went to throw some broken tape into it. The next moment I felt some sharp pain in my right thumb and saw a live bee falling onto the ground. Witnessing the bee, John concluded that it was a bee sting, stopped the work and started observing and assessing my right thumb. It was swollen, red and blue (little bruised look). He insisted on taking me inside and asked the first aid team for help.

The first aid team leaders gave me immediate attention as this was a real-life situation. During their assessment, they also found redness, swelling and a little blue spot. They immediately put ice on my finger while deciding what would be the next step: Benadryl, an EpiPen for allergy or antiseptic ointment. Since my respiration was OK and I was conscious and not in severe pain, they decided to continue icing it and keep an eye on me. This was my first ever bee sting as far as I know.

This bee sting happened between 2:15 pm and 2:30 pm, and the swelling continued until 3 pm when the class started. Carol was monitoring me closely and changed my acting role. Instead of in house #3, I was in the kitchen with Debbie who would also monitor me. When the class rescuers asked me, "Are you a victim?" jokingly, I said "yes".

Since the swelling and redness did not subside immediately, Brevyn was asked his opinion. He concluded that if I had an allergic reaction, it would have been instantaneous. After more than an hour, I felt fine and there was no stinger inside. But since I did receive a bee sting injury, Carol asked me to stay and rest so I sat and observed the graduation and the team leaders' report presentations in the dining hall.

The moral of the story is that I wish I had worn gloves when I decided to walk near trash cans. Otherwise, I should have just kept the small piece of tape in my hand and

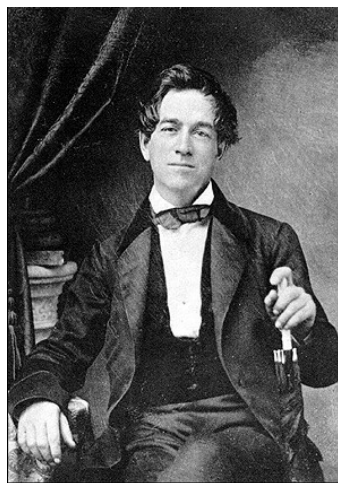
thrown it away in the trash can inside the building.

Carol, Brevyn and rest of the first aid staff did an excellent job of giving attention to my bee sting injury and made sure I walked out the door in good shape. I felt I was surrounded by good caregivers!

I realized the importance of being in a buddy system. On this day CERT was really prepared, as always!

The Man Behind The Code - Alfred Lewis Vail

By Cathy Stanfill, President of the California Morse Telegraph Club chapter (SQ)



The telegraph invented by Morse in 1832, and described in his caveat of 1837, has nothing in common with the essentials of the modern system of telegraphy which is known in the United States as Morse's; nor is the code of alphabetical signs now universally used in telegraphy throughout the world the same, either in principle, or in construction.

The Morse code alphabet was created by Alfred Lewis Vail. When Samuel Morse heard it

and saw that it worked with the telegraph equipment, he patented the code as Morse Code. (Morse received a U.S. patent in 1840 for his dot-dash telegraph code, known to the world as Morse code. Alfred was his partner in designing the new form of communication and created the dot-dash code, but never got credit for the creation of this code and supported Morse)

Samuel F. B. Morse was a professional artist, not a scientist. Later Morse gave the telegraph his full attention (1837), and set up partnership with Alfred Vail, Professor Leonard Gail, and Congressman F. O. J. Smith to develop American Telegraphy.

Alfred was an American machinist and inventor. Between 1837 and 1844, he was central in developing and commercializing American telegraphy. Morse, the better-known partner and public personality, kept the glory of "inventor of the code" for himself.

"What Hath God Wrought" -- test message sent on the electromagnetic telegraph on May 24, 1844. This message traveled via the electromagnetic telegraph from Washington, DC to Baltimore, MD. [Sender Samuel Morse. Receiver was Alfred Vail] This simple test changed worldwide communication forever!

Research links:

<https://siarchives.si.edu/blog/forgotten-history-alfred-vail-and-samuel-morse>

<http://www.qcwa.org/vail.htm>

https://en.m.wikipedia.org/wiki/Alfred_Vail

http://americanhistory.si.edu/collections/search/object/nmah_1096762

CERT BASIC TRAINING CLASS, March 9 thru 11, 2018



CERT BASIC TRAINING CLASS, March 9 thru 11, 2018 (continued)



CERT BASIC TRAINING CLASS, March 9 thru 11, 2018 (continued)



CERT BASIC TRAINING CLASS, March 9 thru 11, 2018 (continued)



CERT BASIC TRAINING CLASS, March 9 thru 11, 2018 (continued)



February 8, 2018 General Meeting featuring Mark Chung



CERT HAM Radio Members present at meeting, with Mark Chung, MD, Radio Communications Lead, LA Regional Red Cross



CERT & Red Cross Volunteer Richard Batistelli with Mark Chung, MD, Radio Communications Lead, LA Regional Red Cross





Special Neighborhood Disaster Training Class

May 19, 2019

Provided by the Huntington Beach Fire Department CERT Program

Class Topics

- CERT Team Functions
- Basic First Aid
- Fire Extinguisher Use
- Light Search & Rescue

Class Date/Time

- Saturday, May 19
- 4 Hours 8 AM - Noon

HB CERT Link

<https://www.huntingtonbeachca.gov/government/departments/fire/cert>

This is a link to HB CERT

Contact HB CERT

Carol Burtis – CERT Coordinator
carol.burtis@surfcity-hb.org
 (714)-536-5979



Preparing Our Neighbors for Disasters

Greetings! I am one of your neighbors and I have taken a class put on by our Huntington Beach Fire Department's Community Emergency Response Team (CERT) program. I have learned many things including how to become better prepared for any potential disaster and how best to respond should one occur.

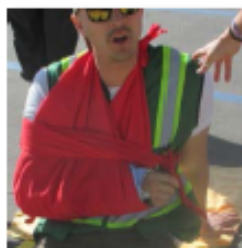
I would like to offer you a very special opportunity to join me in a short 4-hour Saturday morning class. You will learn some very basic topics such as How a CERT Team Functions, Basic First Aid, how to use a fire extinguisher and an introduction to Light Search and Rescue. These simple skills are extremely useful in everyday life and even more so should some emergency or disaster occur.

How Do You Sign Up?



This is a special invitation-only event. I have provided you with my email below. If you would like to participate in this fantastic 4-hour class, please email me a note (see my email below). I will then set up the group reservation for our neighborhood.

My Goal for the Class



First aid and fire extinguisher usage are handy skills for everyday situations. Beyond that my goal is to ensure our neighborhood can take of ourselves in a disaster. This short and informative class is a first step towards ensuring we can help each other. Please join me and take advantage of this class. It's free, fun, and fantastic.

Your Neighbor

My email is

--	--

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 Awards Ceremony and General Membership Meeting, April 12, 6:30 PM in B8
- CERT Responder Class, April 14, 8:00 AM, sign up on Portal
- CERT General Membership Meeting, May 10, 6:30 PM in B8
- Special Neighborhood Disaster Training Class, May 19, 2018, 8 AM to Noon

CPR Classes

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

- Saturday, April 14, 10:00 am – 1:00 pm
- Wednesday, April 25, 6:00 pm – 9:00 pm
- Saturday, May 12, 10:00 am – 1:00 pm
- Wednesday, May 23, 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), Anna Pinter, Cynthia Goebel, Carol Nehls, Rajarajeswari (Raji) Shunmugavel, Barbara Scott

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!)