



CITY OF HUNTINGTON BEACH CERT NEWSLETTER

SINCE 1991

November 2018

HB CERT HIGHLIGHTS

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CLASS 1

ANNUAL CERT HOLIDAY PARTY

By Carol Burtis



Our Holiday party is just over a month away!! We will have our party on the regular CERT meeting night, December 13, 2018 from 6:30 PM until 8:30 PM. We ask everyone to contribute either an appetizer or a dessert.

Please be sure your schedule has the second Thursday in December blocked out for your CERT party. If you would like to participate in our gift exchange, please bring a wrapped gift valued at no more than \$10. We will draw numbers to see who gets each gift. We hope to have a tremendous turnout this year. See you all there!

Monday Rewind--A video about the Great Pacific Airshow

By Raji Shunmugavel

Let us all enjoy this video posted by the City of Huntington Beach Public Information Office. This video can be viewed by anyone that was out of town or working during the show and missed this great opportunity. Huntington Beach City residents can cherish the good memories of this great air show.

A big thanks to Greg Turlis, KG6GAT who brought our attention to that video.

<https://www.facebook.com/huntingtonbeachcity/videos/494735227692134/>

A View of the Command Trailer

By Richard Batistelli, Ace Reporter

With a request to assist Phil Burtis, CERT Leader, this reporter recently attended the Huntington Beach Fire Department Open House in early October. With a small covey of dedicated, and experienced volunteers, who braved a grey and inclement morning, the HB CERT team shined brightly.

This annual "Show and Tell" event for local fire department personnel and equipment was well attended despite the rainy day. A wide variety of red trucks which this city uses for disaster prevention and control were present

for a personal inspection. The special trucks represented HazMat, Beach Safety, Emergency Transport, Detox, as well as the Ladder and EMT types we know and appreciate.

Huntington Beach Fire Department also provided demonstrations of multi-story building rappelling, a very exciting accident response simulation from actual call-in, arrival of emergency apparatus and extraction of the passengers, including the use of life-saving devices for victim evacuation. This scenario included the lights, sounds and Fire Department description explaining their operations using a loudspeaker for the obvious delight of the audience.

Until the skies cleared, the citizenry, both child and adult, enjoyed the inspection of the fire house and spacious garage area for examples of home safety and accident prevention ideas. To this point, HB CERT demonstrated important life saving information concerning residential natural gas meter operation and maintenance and the proper skills needed in the use of a fire extinguisher: Always use the acronym PASS: pull, aim, squeeze, sweep.

The day could not be complete without the tasty BBQ hot dogs and chips provided by the Fire Department. And so, the day had something for everyone, and both young and old left the HB Fire Department facilities thankful for the community which they call home.

CERT Supports Boeing Preparedness Day

By Phil Burtis

CERT was honored to be invited once again to host a booth at the Boeing Preparedness Day on October 10, 2018. Roy Alzua, Phil and Carol Burtis handed out disaster preparedness information, demonstrated gas meter operation and let people try the electronic fire extinguisher. It was the third year CERT participated and the event was even busier this year. As it turned out, we ended up being one of the most popular booths.

Fire Department Open House, October 13, 2018

By Phil Burtis

CERT was invited to be part of the Fire Department Open House again this year. Richard Batistelli, Phil and Justin Burtis were there the entire day and received logistics support for setup from Alicia Helm, CERT volunteer, in the morning. Due to a slight scheduling hiccup, CERT ended up being recruited to set up all of the traffic barricades in the parking lot and other tasks, including unloading all tables and chairs.

RACES also arrived and supported the information area in front of the trailer. Justin and Richard were in charge of CERT information and gas meter demonstrations. Phil instructed the use of the electronic fire extinguisher inside a storage equipment building so it didn't get wet. It rained on and off during the event.

Because of the rain, attendance was down from previous years, but there were still approximately 1,000 attendees and, as always, the kids had a great time.

October 11, 2018 General Meeting

By Virginia Petrelis

Our guest speaker was Janice McNally, MS, LMFT. Janice is a licensed Marriage and Family Therapist with her own private practice. She is also a 25 year Red Cross Volunteer and has participated in many different functions including responding to disasters in various states.



The mission of Disaster Mental Health (DMH) is to respond to the psychosocial needs of people affected by disaster. DMH volunteers are available throughout the whole continuum of a disaster from preparedness to response including recovery. Red Cross disaster workers can avail themselves of DMH.

All DMH Workers are licensed or certified professionals bound by codes of ethics that establish standards of practice for the profession. See <https://www.redcross.org/content/dam/redcross/volunteer/pdfs/Eligibility-Criteria-for-Disaster-Mental-Health-Volunteers.pdf> for Eligibility Criteria for Disaster Mental Health Workers.

When delivering services, DMH Workers understand and accept the fundamental principles of impartiality

and neutrality. They practice only within the competency areas of the practitioner's education and/or experience, maintaining the limitations established by licensure or certification. They maintain a confidential client practitioner relationship. No notes are taken. Disclosure of client information to others is given only with written consent of the client on a strict business-need-to-know basis.

DMH services are based on the assumption that many people are resilient. However, a significant minority are at risk of developing a new or aggravated clinical disorder. DMH services should alleviate immediate emotional distress and mitigate long-term consequences. Most individuals and families function adequately during and after a disaster, but their effectiveness in daily activities may be diminished. DMH services should augment the community's mental health resources, not replace them.

Clients can be individuals, families, neighborhoods, community groups and other Red Cross disaster responders who are experiencing stress related to the impact of the disaster. DMH interventions during a disaster response are short-term and can range from a little as 10 minutes of support to a much longer period.

DMH volunteers will likely engage with a client once or twice, generally no more than three times. The most effective contact will involve problem solving and task-orientated activities that address basic needs & reduce stress.

DMH can assist volunteers and staff before, during and after a disaster response by being available at all times to act as consultants and to meet with disaster staff about mental health issues and stress associated with disaster response.

In a disaster, what can CERT do, as untrained disaster mental health workers? If we see someone sitting alone, obviously upset, ask that person if he/she would like to talk, offer them some water. Sometimes, a person just needs to talk about their situation. Ask what they think they could do to make the situation better. Don't offer something that you are not able to deliver. Refer them to a professional Disaster Mental Health Worker.

CERT Supports Great Pacific Airshow

By Raji Shunmugavel

For the third consecutive year, the newly named Great Pacific Airshow was over the ocean in front of the Huntington Beach City Beach. The weekend weather could not have been more perfect, sunny and warm with great visibility of the planes.

On the boardwalk between Beach Boulevard and the pier, CERT volunteers manned two "Med Tents" that provided first aid and lost and found. Licensed ham radio operators from CERT and RACES provided support to communicate in the event of an emergency.

(continued on page 3)

The Great Pacific Airshow (continued from page 2)

CERT trained First Aid staff and a Ham Radio operator were available to treat minor injuries and call EMT's if necessary. When not treating injuries, they reminded bike path riders and roller skaters to observe posted speed/walk signs to eliminate more injuries.

Ham Radio volunteers began their day at 10 am, securing the parking lot until 11:30 am then reporting to their assigned station for the duration of the aerial show. Using the assigned frequencies, hams reported disorderly situations such as smoking when no smoking signs are posted.

The Thunderbirds ended the show approx. 3:45 pm and we returned to parking lot duty until 4 pm.

CERT and the Community

By Stephanie Deagle

On October 16, 2018, Susan McClaran and I helped a group of Girl Scouts earn their First Aid badges. We lectured and then demonstrated techniques to administer CPR, open wound care and frost bite. Ken Deagle, my wonderful husband, was there to assist us.

October 6, 2018 Tour of Orange County Sanitation District (OCSD) Treatment Plant #2

By Cynthia Goebel

OCSD is a public agency that provides wastewater collection, treatment and recycling for approximately 2.6 million people in central and northwest Orange County. OCSD is a special district that is governed by a 25 member Board of Directors comprised of 20 cities, four special districts and one representative from the Orange County Board of Supervisors. OCSD has two operating facilities that treat wastewater from residential, commercial and industrial sources.

For those of us who had attended the CERT tour of Reclamation Plant #1 arranged by Carol Burtis a year or so ago, this was the opportunity to see how the two OCSD plants differ and how they complement each other. We were welcomed by Daisy and watched a short You Tube video which was an introduction of the upcoming tour. We were then driven around the facility by Chris, a recently retired 40 year employee, who was involved in the new and improved construction of the facility.

(continued on page 4)



Tour of Orange County Sanitation District (OCSD) Treatment Plant #2 (continued from page 3)

The two plants receive 185 million gallons per day of wastewater. They both do preliminary treatment (bar screens for removal of large items and a grit chamber to remove things like egg shells, coffee grounds, gravel and sand). The primary treatment consists of settling basins which remove 80% of the solids and the secondary treatment is made up of trickling filters and aeration basins. The treated water from Plant #1 is sent to the Orange County Water District (OCWD) for recycling through the Ground Water Replenishment System (GWRS).

Currently the treated water from Plant #2 is discharged into the ocean thru a 10-foot diameter outfall pipeline, resting on the ocean floor offshore of Huntington Beach, at a depth of 200 feet. There are future plans to send some of the secondary treated water from Plant #2 to OCWD to increase GWRS water.

Usable byproducts of the treatment process are biosolids and methane. Biosolids are the highly treated, safe, nutrient rich, organic material derived from the wastewater treatment process and are used as soil amendments, and as an alternative to chemical fertilizers. Digester gas or biogas is produced while bacteria are digesting solids during the treatment process. The biogas is approximately 65% methane. The biogas and natural gas are the fuel for the internal combustion engines which drive the generators that produce electricity to run Plants #1 and #2, reducing dependency on the Southern California Edison grid.

Do you know what should be flushed down the toilet into the sewer system?

Only the three P's – pee, poop and paper!

The Great Pacific Airshow 2018

By Cathy Stanfill

Huntington Beach's newest major event attracts thousands of spectators. Just three years ago the airshow became a new attraction and now has drawn over two million people over the big weekend event. The 2018 airshow ran from Friday, October 19 through Sunday, October 21, 2018.

The Great Pacific Airshow is three days of exciting biplane aerobatics, parachute jumps, search and rescue and the finest military pilots in the world. Although the show is a FREE event, the ticketed areas offer the best views, amenities and special photo ops.

The performers at this year's airshow:

- Jeff Bourboon and his YAK 110
- Paul "Sticky" Strickland
- Bill Stein - Aerobatic pilot
- Michael Wiskus - Aerobatic pilot
- Matt Chapman - Aerobatic pilot
- Sammy Mason - aerobatic pilot
- Lyon Air Museum's C-47 Dakota
- Greg Colyer - T33 aircraft, FedEx 757
- SOCOM Para Commandos
- U.S. Air Force C-17 Globemaster III and KC 135 Stratotanker
- U.S. Coast Guard Search and Rescue Demonstration
- HrlIStream - specializes in flight training
- Blackstone Airways - Beech Super 18 (twin-engine passenger aircraft)
- Air Combat USA - Flight school that allows civilians to fly aircraft
- Thunderbirds - United States Air Force (Grand finale of the airshow)

This year's airshow was directed by Kevin Elliot, show director and owner of CODE 4. He is a native of Huntington Beach. Kevin added several new event features for this year, which included a new name for the show, The Great Pacific Airshow.

The best experience was in the ticketed areas. There were several areas set up that rendered excellent views. Pier seating, The Flight Line Club and Flight Line Reserved Tables (which included a nice food buffet and bar) offered plenty of opportunities to meet the pilots from the various performances. I was fortunate to get my photo taken with two Thunderbird pilots on Sunday. On Friday I saw the Huntington Beach Mounted Police Force.

In addition to having the great honor of getting my photo taken with two Thunderbird pilots, I enjoyed lunch with one of the volunteers of this airshow who works at Boeing and flies his biplane on his free time. He explained to me how G-forces work against the pilot flying a biplane. The biplanes can take up to 14 Gs.

The private chalets offered a shaded pavilion on the sand with special flooring so that it was easy to walk around, prime show-center viewing locations with beach access, high-quality food and hosted beverage service, and private chalet restrooms complete with soap and water. You could also decorate your own unique environment, have staff dedicated to all your needs and an excellent audio system that would allow you to hear all the announcements, show narration and music.

For me being at this airshow was like being at one very special beach party! Everyone was in a happy mood. I really loved this HB event and look forward to coming back again next year.

Learning from Each Experience

Part 3 “Does He Need Help?”

By John Bishop

The annual Bonnaroo Art and Music Festival in Manchester, TN is a cross between Woodstock and Coachella. Over 30 years old, it's a gathering of your closest 85,000 friends on a Tennessee farm, in the middle of nowhere, enjoying five days of music, art, environmental discussions, cultural awareness and even more music!

“Roo” (as Bonnaroo is referred to by regulars) is held in July. It is hot, humid and a potentially risky place for young people who partake in too much alcohol or other substances. While enjoying Sheryl Crow during the hottest part of the Saturday afternoon sun, the twenty-something kid wobbles and drops to the ground right near where we are sitting. His friends laugh and help him up. Minutes later, he wobble and drop again.

Don't ask the friends if the kid needs help. (I already made this mistake before at Coachella). They know exactly what the kid has done up to this point and will, in all likelihood, say he will be fine. That is probably not the correct assessment and leaves you in a weird situation of helping or not helping. Learning from doing this incorrectly last time, I say to the downed kid, “Hi, my name is John and I'm trained in first aid. Would you like some help?” As you might expect, the kid is out of it and has no real response. It did not take too much CERT training to understand the heat of the day. I instruct the two friends to stand to create shade and to get out their water bottles. Those millennials all seem to carry water bottles.

A little CERT assistance to help overcome dehydration and sun exposure has the downed kid feeling a little better in a few minutes. CERT situation awareness also teaches us to always know where the first aid booths and exits are located. This awareness helped in instructing the friends to take the kid to first aid for more shade and maybe an ice pack. After instructing the boys “in a kind and helpful way,” his friends think it is a good idea and follow through.

Our CERT training teaches us to ask adults if it is ok to assist a minor, but we should ask the adult in trouble if they want help and not their friends or other bystanders. I'm glad I learned from the first time on this one.

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CERT Training Requirements Guide

Carol Burtis
 carol.burtis@surfcity-hb.org
 Huntington Beach Fire Department
 2000 Main Street
 Huntington Beach, CA 92648
 Phone 714-536-5979

Community Emergency Response volunteers must meet the following requirements:

Requirements for completing CERT Basic Training

FEMA CERT Basic Training - 20 hours

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

Be at least 16 years old to be able to graduate.

Complete a CERT Application form.

Requirements to be a CERT Member (Huntington Beach Fire Department Volunteer)

FEMA CERT Basic Training - 20 hours

Live Scan - Cost \$42-\$50 (depending on where you have it done)

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

Red Cross First Aid/CPR/AED * - 6 hour class - Taught several times a year by CERT - Cost \$35

CERT Responder Course - 6 hours - Taught once a year by CERT

Requirements to be a CMAP (CERT Mutual Aid) Volunteer for Orange County

FEMA CERT Basic Training - 20 hours

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

Live Scan - Cost \$42-\$50 (depending on where you have it done)

Red Cross First Aid/CPR/AED * - 6 hour class - Taught several times a year by CERT - Cost \$35

CERT Responder Course - 6 hours - Taught once a year by CERT

Red Cross Shelter Fundamentals - Taught a few times a year by Red Cross

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>

Requirements to be a CERT Team Leader

FEMA CERT Basic Training - 20 hours

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

Live Scan - Cost \$42-\$50 (depending on where you have it done)

Red Cross First Aid/CPR/AED * - 6 hour class - Taught several times a year by CERT - Cost \$35

CERT Responder Course - 6 hours - Taught once a year by CERT

Red Cross Shelter Fundamentals - Taught a few times a year by Red Cross

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>

CERT Leadership Training

Member of HB CERT at least 1 year

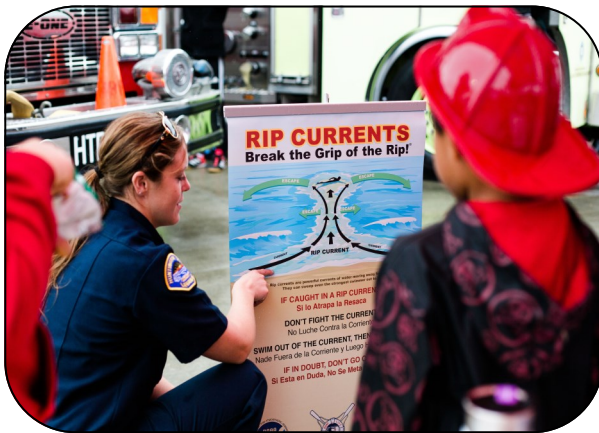
Quarterly participation in CERT activities or events

1 year on team which you wish to Lead

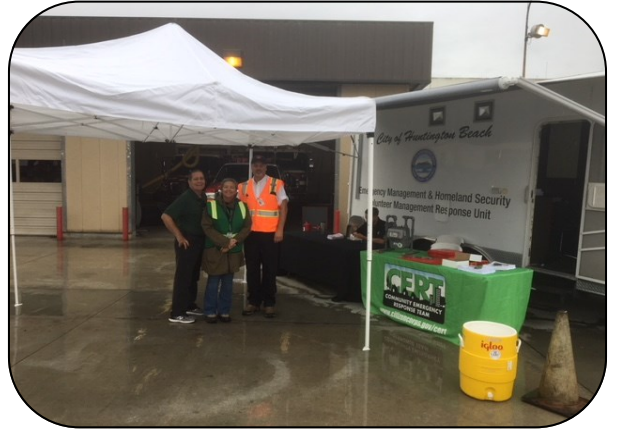
FEMA IS 240 - <https://training.fema.gov/is/courseoverview.aspx?code=IS-240.b>

* or equivalent type of class

Huntington Beach Fire Department Open House October 13, 2018



HB Fire Department Open House October 13, 2018 (continued)



Great Pacific Air Show, October 19-21, 2018



Great Pacific Air Show, October 19-21, 2018 (continued)



Great Pacific Air Show, October 19-21, 2018 (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, November 8, 2018, 6:30 PM in B8
- CERT Holiday Party, December 13, 2018, 6:30 PM to 8:30 PM
- Next CERT Newsletter will be December-January Issue early January

CPR Classes

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

- Saturday, November 17, 10:00 am – 1:00 pm
- Wednesday, November 28, 6:00 pm – 9:00 pm
- Saturday, December 8, 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 **CERT Contact:** CERT@surfcity-hb.org
CERT Message line 714-536-5974 (THIS IS A MESSAGE LINE ONLY!)