



CITY OF HUNTINGTON BEACH CERT NEWSLETTER

SINCE 1991

December 2019 – January 2020

HB CERT HIGHLIGHTS

Interesting Information
Page 1

CERT Holiday Party
Page 1

Color Team at CERT Basic
Training
Page 1

American Cancer Society
Page 1

In Memoriam Arthur Weiland
Page 1

CERT Fall 2019 Basic
Training
Page 2

Role Playing at October Fall
Basic Training
Page 2

Disaster Preparedness in
Mobile Home Park
Pages 2–3

Susan McClaran's First Aid
Corner
Page 3

Shakeout Drill and Training
Page 3

2020 FEMA Training CERT
Class Flyer
Page 4

American cancer for Life
Flyer
Page 5

Photos: CERT October
Training Class
Pages 6–7

Photos: CERT Holiday Party
Pages 8–11

CERT Mission Statement,
Upcoming CERT Events
and Activities, CPR Classes,
Newsletter Staff
Page 12



Interesting information from Carol Burtis

FEMA has a really nice preparedness calendar that I believe you will enjoy at: <https://www.ready.gov/calendar>

A PBS informational video on Valley Fever
https://www.pbs.org/video/kvie-viewfinder-deadly-dust-valley-fever/?fbclid=IwAR2tEO_v0h7XTjYEMXFWoACbBaa3WifpNvdYv35K8n4bgkxli5ccN1UmqxU

CERT Holiday Party December 2019

By Phil Burtis

About 60 people attended this year's CERT Holiday Party on Dec 12th in B7 and B8.

Special thanks to Richard Batistelli and Patrick Upstill for arriving early and setting up the tables and decorations. The room looked very festive!

Once again the amount and diversity of food was amazing and ultimately was mostly all gone by the end of the evening. The traditional gift exchange game ended the evening and it seemed like everyone had a good time.

Thank you to everyone who helped in the cleanup effort. A special hug for Mimi and Bob Irvin who stayed late and helped with last minute tasks like hauling out the trash bags!

It was a great way to end 2019 and we look forward to a terrific 2020.

Happy New Year Everyone!

The Color Team at the CERT Basic Fall Training

By Richard Batistelli

Festooned in brightly colored vests: red, yellow, blue and green, and carrying their hand-held amateur radios, the HB CERT Color Team made their reappearance at the CERT Basic Training Class this past October.

As an adjunct to the multiple "Hands On" segments of the FEMA training program, the four color team leaders proved their immediate value by regulating class timing for transitioning

to instructor-led sessions. With real-time radio communicated information from directing time keeper, Paul LaGreek, each instructional class and realignment ran smoothly, notwithstanding the large class size.

In addition to Paul, the Color Team included Bob Dow, Jon Welfringer, Don and Rebecca Mabe. Great job, Color Team!

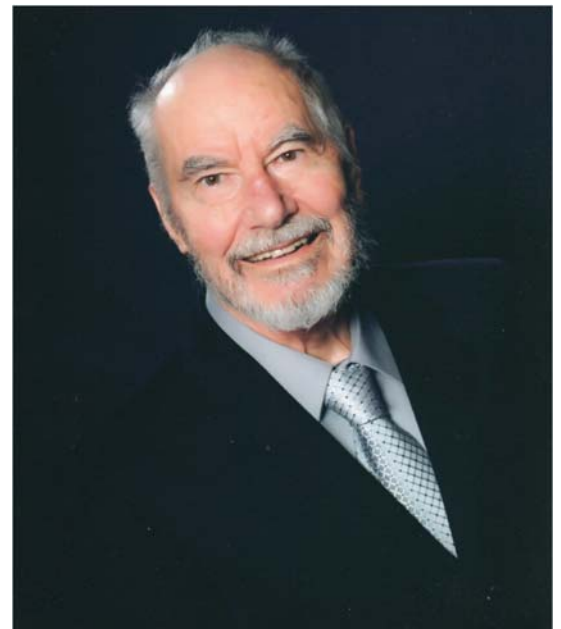
American Cancer Society

By Stephanie Deagle

Hello CERT family. Most of you know I work with American Cancer Society (ACS) RELAY FOR LIFE HOPE CENTRAL. We have a fundraising event coming up on January 25 from 1 to 3 pm at BUFFALO WILD WINGS, 3811 S. Bristol in Santa Ana.

It would be great to see you out there to support our fundraising for ACS. See flyer in this newsletter. Thank you!

In Memoriam



Arthur "Art" Weiland / 1921-2019 / CERT member and husband of CERT member Anna Pinter

CERT 2019 Fall Basic Training

By Richard Batistelli

Presently, I have neither the memory nor the desire, to describe in minutiae, the October biannual, twenty-hour Federal Emergency Management Agency (FEMA) mandated instruction into fundamental and foundational self-preservation. I much prefer to illuminate and congratulate the outstanding performance of the cadre of dedicated CERT volunteers and their counterparts in the Huntington Beach Fire Department for their tireless responsibility and commitment at the most recent CERT Basic training at the Rodger's Senior Center.

Historically, CERT's enthusiastic efforts in its authorized essential mission of educating those motivated members of the HB community in the generalities of life-saving and disaster preparations sprang from CERT's core axiom, "to teach the few, so they can teach the many." In other words, CERT educates those individuals able and willing to learn life-saving skills and then those recruits, with new basic skills, go forth and save lives, their own and those of their neighbors. That tradition began years ago as "Save a Life Saturday", (three Saturdays learning these skills, and one Saturday personally practicing them, hands-on.) That process morphed and was condensed into a single weekend. This modification has enabled countless more of the HB community to enroll in these very important classes. The total local population so instructed number in the hundreds.

But I digress. All of this guidance and education could not occur without this CERT family of hardworking volunteers giving of their valuable personal time and energies to produce such an excellent learning program. In closing this soliloquy and having participated as both a coach and mentor at most of these classes, I can attest to the sincere gratitude expressed by most, if not all, of the nascent citizen-students for the opportunity to attend our CERT classes. The leadership and residents of Huntington Beach should forever be appreciative of the profound efforts and beneficial impact of their local CERT Program for the well-being and survivability of the populace of this beautiful community.

Role Playing at the October 27th Fall CERT Basic Training

By Raji Shunmugavel

Part of CERT training involves hands-on practice of newly learned skills including search and rescue and first aid. "Victims" are needed for this training so I volunteered a few hours on Sunday for this fun acting experience. Each "victim" was allowed to choose their role from a "symptom list" and was moulaged (made up) to simulate their injuries.

My selection listed the symptoms as:

- Bone projecting from right leg
- Known name, date & what happened
- Breaths under 30 per minute
- Color returns to finger tips in 2 seconds

Six or seven victims were in a room (including a deceased stuffed "Gumby"). At 2pm the two instructors gave a signal to the "victims" to whine, scream, and get very emotional. Teams of two students would knock on the door and ask if everyone was OK. Then they entered the room to assess the injuries, triage and tag the victims. If any of the "victims" could walk, they were tagged green for minor injuries and were asked to please leave the room and go to Med Ops in the adjoining room. A red tag indicated immediate attention needed, a yellow tag indicated treatment could be delayed and a black tag indicated victim was deceased. The instructors were very vigilant, making sure the teams examined, interacted and assessed the victim role players.

Judging my symptoms, most of the rotating team members tagged me yellow or red. I was supposed to be chair carried to the Med Ops. Some members seriously discussed whether to use splints on the protruding bone or to bandage to stop the bleeding. They had to work quickly as time is of the essence in saving lives.

The whole class never showed any exhaustion after spending Friday evening, all day Saturday and Sunday in training. On Sunday the teams were vigorous, enthusiastic and strong. In the two hours I attended, I saw the instructors doing a fabulous job of training many new Disaster Service Workers (DSW).

Thanks to the efforts of Brevyn Mettler and Carol Burtis for putting on this class and enabling our Surf City members to be better prepared!

Disaster Preparedness in the Mobile Home Park

By Ada Hand

When a disaster strikes, what do you do first? Don't panic! By being prepared, you have a better chance of helping yourself, your family and neighbors. Then take the steps indicated and we'll all be better off! Below are some tips to help you with preparedness:

Step 1: Take care of your loved ones.

Step 2: Dress for safety – A bicycle helmet or hard hat can protect you from falling debris. Sturdy shoes and leather gloves are a must.

Step 3: Check natural gas and shut off at the meter if you smell gas (use of a proper tool is mandatory.) Turn the valve ¼ turn so it is horizontal. NEVER turn it back on once it's turned off. The Gas Company will do that once the line is repaired.

Step 4: Shut off water at the main water valve to keep clean water in your home and prevent contaminated water from entering your pipes.

Step 5: Place the Help or OK sign (if used in your neighborhood) on your front window or door.

Step 6: After Steps 1-5 are completed – if you are able – go to the designated Neighborhood Gathering Site (could be the Clubhouse.)

(continued on page 3)

Disaster Preparedness in the Mobile Home Park (continued from page 2)

Step 7: The Park Leadership Team may need help from other residents. We should all be prepared to:

- Listen to the Emergency Alert System (AM/FM radio) or to a NOAA Weather Radio and keep neighbors informed.
- Check on neighbors who are alone, disabled, or who have Help signs (or no signs) in the window. Be prepared to give first aid. Trust your instincts. If something feels unsafe, stay out.

Step 8: If you need to evacuate your home, go to the Clubhouse. Register your presence, share what you've done in your own residence and let them know you are available to help.

Susan McClaran's First Aid Corner Treat Your Feet

Foot care is not something you can overlook and taking care of your feet can be harder to do during a major emergency.

Keeping your feet dry and clean will help prevent a variety of potential issues from arising. A few days of wet socks and walking and you may find yourself with something that doesn't go away very easily or maybe even never. Make sure to include plenty of extra pairs of socks in your go bag so you have a handy clean pair you can change into as needed. Also, if you are doing a lot of physical activity, then try to take off your shoes and air out your feet when you are resting. Open those shoes up and let them air out too.

Remember that you need good footwear and having an extra pair will help too. Close-toed shoes are essential, especially in a disaster environment, so although many of us live in our flip flops, put them aside for our resting moments and make sure you have a good pair of sturdy shoes or boots for any physical activities.

We can't talk about foot care without bringing up the nasty subject of fungus. There are over the counter medications, as well as doctor prescribed, but there are also some essential oils and soaps which contain properties that can help fight fungal and bacterial infections. Tea tree oil and peppermint oil can fight off foot issues. Washing with soaps that contain these oils, is a good preventative approach. Try not to share any foot care tools with others, as fungal and skin infections can be transmitted. If you have to share tools, make sure to wash and sanitize them after each use.

Of course, we have to talk about First Aid for your feet. If you find yourself with splinters, cuts or blisters, make sure you have some supplies in your First Aid Kit to take care of these types of injuries, including some form of sterilization. Make sure to have a kit that may include clippers, nail files and tweezers for removing splinters.

There is Moleskin to cover and cushion blisters and there are special Band-Aids that help cushion and heal and can provide comfort and infection prevention during long days on your feet. While a blister during good times

is pretty easy to deal with, you will want to be extra careful during hard times to keep it clean and infection free. During our US Open of Surfing events, I have found that you can help avoid blisters by applying Band-Aids ahead of time and have been thanked by many event workers who would stop by to get treated beforehand and end their days, blister free.

At the end of the day, never forget to Treat Your Feet--they will thank you for it and keep you going.

The US Army has additional information on foot care at: www.bootcampmilitaryfitnessinstitute.com/injury/foot-care-overview/

ShakeOut Drill and Training

By Stephanie Deagle

In October 2019 Superior Electrical Advertising in Long Beach did two ShakeOut drills. The first one was with our office staff who watched a video of DROP/COVER/HOLD and subsequently discussed the ramifications if forced to evacuate.

For our second one, our shop employees had two drills in separate parts of the company. We also had simulated someone trapped whom we rescued. I showed most of the employees how to use a crowbar to lift a very heavy trash bin with metal inside. Everyone really enjoyed seeing the demonstration. We now have six crowbars throughout our company.

Through the months of October and December we did a first aid lesson with all the employees on the three killers (Breathing, Bleeding and Shock.) I showed how we can open an airway to help someone breathe and how to stop bleeding on the head, leg and arm. I also included how to make a sling. My company purchased four tourniquets for our safety bucket and I demonstrated how to use them. We also talked about shock. I was very happy with all my employees wanting to learn this to help themselves and others.

In November I had 12 of my safety team take CPR/AED training and get certified. We now have 14 people certified for our 80 person shop.





2020 FEMA CERT Spring Training Class

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 to graduate.*

Spring Class 2020 Dates and Times

Friday, March 6	6:00 PM - 10:00 PM
Saturday, March 7	8:00 AM - 5:00 PM
Saturday, March 14	8:00 AM - 5:00 PM

Fall Class 2020 Dates and Times

Friday, Oct. 2	6:00 PM - 10:00 PM
Saturday, Oct. 3	8:00 AM - 5:00 PM
Sunday, Oct. 4	8:00 AM - 5:00 PM

AMERICAN CANCER SOCIETY **RELAY FOR LIFE**



Join Hope Central

(Huntington Beach, Westminster, Fountain Valley, Santa Ana, Garden Grove, Costa Mesa, Newport Beach, and Tustin)

KICK OFF PARTY

JAN. 25, 2020 (1 – 3 PM)

**LIGHT SNACKS WILL BE PROVIDED,
PURCHASE FROM THE MENU OR BAR 10%
WILL BE ADDED TO OUR FUNDRAISING GOALS**

BUFFALO WILD WINGS

3811 S. BRISTOL, SANTA ANA

RAFFLE & SILENT AUCTION

Event location: Davis Magnet High School, 1015 Arlington Dr. Costa Mesa,

June 13-14, 2020 For information, contact Stephanie (714)393-2439

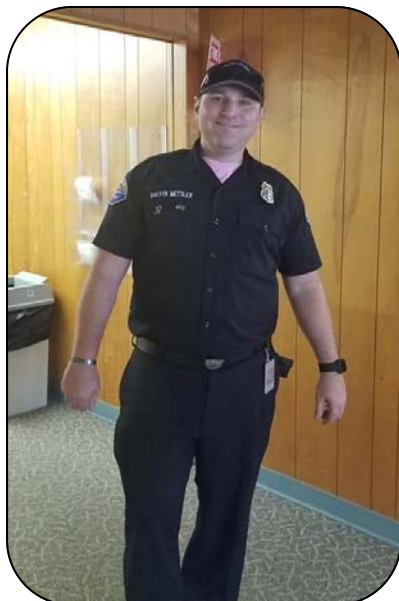
Or Kelly (949) 535.6949 American Cancer Society tax ID 13-1788491



Celebrate. Remember. Fight Back.®

RelayForLife.org | 1.800.227.2345

CERT TRAINING CLASS OCTOBER 25 THRU 27, 2019



CERT TRAINING CLASS OCTOBER 25 THRU 27, 2019 (continued)



CERT HOLIDAY PARTY DECEMBER 12, 2019



CERT HOLIDAY PARTY DECEMBER 12, 2019 (continued)



CERT HOLIDAY PARTY DECEMBER 12, 2019 (continued)



CERT HOLIDAY PARTY DECEMBER 12, 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, January 9, 2019, 6:30 PM in B8. Discuss new FEMA CERT Training curriculum and emergency communicator program.
- 1st AID/CPR/AED Class, Saturday January 23. Material fee \$40.00, open to all ACTIVE CERT Members, Register on the CERT member portal.
- CERT General Membership Meeting, Thursday, February 14, 2019, 6:30 PM in B8.
- CERT Basic Training Class, March 6, 7 and 14. See attached flyer for information.

CPR Classes

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

- Saturday, January 11, 10:00 am – 1:00 pm
- Wednesday, January 22, 6:00 pm – 9:00 pm
- Saturday, February 1, 10:00 am – 1:00 pm
- Wednesday, February 26, 6:00 pm – 9:00 pm
- Saturday, March 14, 10:00 am – 1:00 pm
- Wednesday, March 25, 6:00 pm – 9:00 pm
- Saturday, April 18, 10:00 am – 1:00 pm
- Wednesday, April 29, 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!)