



CITY OF HUNTINGTON BEACH CERT NEWSLETTER

SINCE 1991

February 2019 NO MEETING 2/14/19

HB CERT HIGHLIGHTS

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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 fliers are available if you'd like to pass some out to family/friends/neighbors. Class registration is available on line on the CERT website

Volunteers to help with the class are always needed. If you are available, email Carol Burtis at: carol.burtis@surfcity-hb

Congratulations to the Fall 2018 Class

By Phil Burtis

The 20-hour CERT Basic Training Class was held the weekend of November 2–4. Forty-one people went through the entire curriculum and graduated with flying colors. As you may recall, the course includes eight sections covering topics that include personal preparedness, disaster first aid, light search & rescue, fire suppression and more.

This class had a special activity on Sunday. Local television channel HB-3 reporter, Matt Liffreing, video recorded all of the "skills" activities and did some interviews. If you'd like to see what he compiled, take a look at this link: <https://www.youtube.com/watch?v=RsKfPjbewDk&feature=youtu.be&fbclid=IwAR2SALmwiQP6ZgkTQcD4KoaSewpE7jMnb7cpG03eedAzUuPYh7gOW8sm3vk>. The video is really well done and could easily be a good marketing tool for CERT.

2019 Sandbag Operations

By Philip Burtis

Your CERT sandbag crew has been busy the last few weeks with the multiple rain storms that have crossed into Orange County. As of February 7, a total of 25 elderly, frail, or disabled have been serviced with a total of 413 sandbags filled, delivered and placed. John Bishop, Justin Burtis, Phil Burtis, Marc Morimoto, Susan Atchison and Mimi Irvin have

provided an amazing service to our community. Those more ambulatory residents are required to secure their own sandbags at the Huntington Beach City maintenance yard on Gothard Street. (Caution: please use care in the collection of the sandbags, they are heavy).

Since January 1, we have logged 10.4 inches of rain in our backyard rain gauge, and since the start of rain season (which begins in October) we have amassed 13.9 inches. If you'd like to compare that to last year's total, this link is an interesting report.

www.abc10.com/article/weather/the-2017-18-california-rainy-season-comes-to-a-close-howd-we-do/103-599801022

HBFD Helps with California Wildfires

From Coastal Living, January 2019

Submitted by Julie Toledo of the City of Huntington Beach

To help with the massively destructive Woolsey Fire in Ventura and Los Angeles counties, the Huntington Beach Fire Department deployed two fire engines (one being the California Office of Emergency Services unit staffed by HBFD) and two chief officers. In November, ten HBFD personnel were deployed to the fire and remained assigned to protect residents' homes.

This statewide response is part of the California mutual aid system that coordinates resources from various jurisdictions when the local agency is quickly overwhelmed. When our personnel are deployed, as in the Woolsey Fire, our community remains safe as Huntington Beach fire stations are covered by recalling off-duty firefighters. We can take comfort in knowing that if a large disaster strikes our own community, there are resources available to help us in our time of need. See facebook video of Woolsey Fire at: <https://www.facebook.com/HBFD1909/videos/331419667413351/>

Note: Huntington Beach CERT members, who have completed the proper training, are County Mutual Aid Program (CMAP) volunteers. CMAP is part of the local and national Citizen Corps effort to incorporate and utilize volunteers in the community. CMAP volunteers are trained in basic response techniques and mutual aid training to assist member cities in a disaster or major emergency situation.

HBFD Response to Harbor Lights Apartment Fire

January 23, 2019 in Huntington Harbour

At approximately 9:00 am, Huntington Beach Firefighters responded to the Harbour Lights apartment complex at Saybrook Lane and Boardwalk Drive to reports of smoke in a hallway. First arriving units found smoke on the third floor with extremely low visibility and began to attack the fire. The incident was upgraded to a total of three alarms with approximately 45 firefighters working on scene.



The fire was considered knocked down at approximately 10:00 am and confined to the unit of origin with heavy smoke damage throughout the third floor. The three story apartment complex

has approximately 60 units and all residents were evacuated safely.

There were no reported injuries to residents or firefighters and Fire Investigators are on scene performing an origin and cause investigation. Thank you to Fountain Valley Fire Department, Garden Grove Fire Department, Costa Mesa Fire Department and Orange County Fire Authority for providing assistance. We want to remind all citizens that if you encounter a fire that closing doors helps to save lives, prevent fire spread and prevent smoke damage throughout a structure.



A note from Richard Batistelli, ARC Volunteer:

The American Red Cross Disaster Action Team (DAT) responded to the fire and offered assistance to those affected by the fire. The Red Cross shelter services were not utilized.

February 2, 2019 First Aid CPR and AED Class

By Raji Shunmugavel

On a rainy and windy Saturday morning our first (cardio pulmonary resuscitation) CPR training class was taught by Susan McClaran, Huntington Beach First Aid Leader. As always, she reminded the students of CERT's role in response to a medical emergency. Even though we are trained in American Red Cross First Aid, CPR and (automatic electronic defibrillator) AED, CERT responders will be providing care only until the medical care professionals arrive.

The students were trained how to check a responsive or unresponsive child or infant, and how to perform child or infant CPR & AED. We also learned how to treat a choking child or infant and treat external bleeding, burns and anaphylaxis.

We also learned how to treat adults with the same conditions including strokes.

Even though my American Red Cross certification is still current, this was an opportunity for me to refresh my skills and assist Susan which I enjoyed very much.

A Day at the Races—Surf City Marathon

By Richard Batistelli, Man About Town

It should come as no surprise that this Huntington Beach CERT volunteer "ham radio" communicator KI6TJI, should again find himself riding "shotgun" in white passenger van #2 Support and Gear (SAG) Wagon in the current rendition of the Surf City Marathon. This is my fourth year of assisting van driver Jeff Turlis, RACES volunteer KE6BNS, traversing the many curvaceous streets of Huntington Beach. As in past marathons, we were tasked with assisting the HBFD with the movement of non-ambulatory or injured runners from the race to the several medical aid stations positioned around the course. A secondary role required our van for the movement of volunteers to locations needing additional manpower or personnel.

Additionally, CERT volunteer support for this marathon was provided by Bob Dow, KG6VDI, Ed Klotz, KI6AEE, and Raji Shunmugavel, KG6CCB. As a group, we and RACES (Radio Amateur Civil Emergency Service) volunteers were co-extensive, serving as the eyes and ears for the HBFD staff providing "Health and Safety" on the race course. All volunteers were identified by donning bright orange vests.

This year's marathon was not as friendly to the runners. The more than 15,000 runners from some 47 different states, and others from Asia, may have been hoping for fair and sunny weather. They were to be disappointed by the overcast skies including rain, wind and no warming breezes. Most runners were not hampered by the rain but found the winds slowing their efforts near the end of the race.

This Surf City Marathon included four individually timed races, Wheelchair, Marathon, 5K, and 1/2 Marathon. Throughout the day, there were runners on the course from any and all events, some mixing with each other. There were staff on bicycles keeping track of each race's leaders. I was particularly interested in the Wheelchair Race. One organization, Ainsley's Angels of America, provided opportunities for the special needs community to be included in these races. There were opportunities for all segments of the general population to enjoy themselves, even with the rain and wind, I even saw a guy pushing five babies in a perambulator. I have the pictures of them finishing the race.

The spectator crowds were small this year, but rain or shine, I will return to the Surf City Marathon next year. Mark your calendar, first Sunday in February, 2020, and enjoy the fun.

Surf City Marathon Sunday, February 3, 2019

By Raji Shunmugavel

At the January 8, 2019 RACES monthly meeting, marathon communication volunteers picked up assignments for the day of the marathon. Parking passes and a manual were e-mailed later. We were instructed to prepare for a hot, cold or rainy day.

This year the day of the race started out cold, windy and rainy. At times the rain was heavy but the race continued regardless. The Pacific Coast Highway (PCH) was closed from Beach Boulevard to Warner Avenue for all races. The bike path at Bolsa Chica State Beach was used for the full-marathon runners. RACES member, Thomas Oberlin, and CERT member, Ed Klotz were on PCH near Warner.

I was stationed at Water Station 13 near mile marker 21. It was spectacular to see the young volunteers handing out hydration supplies from the Nuun Company in spite of the chilly air. Just like the athletes, they never took a break. In addition to handing out water, they picked up empty cups and other trash to keep the race path as clean as possible.

As I was volunteering in the 26 mile runners' path, I was impressed by the runners' enthusiasm. Regardless of age, gender or the weather, the runners showed an immense amount of strength and perseverance.

Since there was a forecast of rainy weather, I drove my car to the event and was able to stay dry inside when the rain was heavy.

The Monday debriefing meeting was conducted by the new HB RACES Training Officer. He thanked all the CERT volunteers for their participation. As usual, CERT volunteers are always there to provide support for the health and welfare of the public.

This year's race had a different "vibe" as a new management company, MOTIV, was in charge.

From My Red Cross Desk—Service to Armed Forces

Richard Batistelli, Red Cross Volunteer

It is not often I find in the local tabloids news articles "near and dear" to my volunteer heart and efforts. But such was the case recently. The missive involved American Red Cross activities during the recent furlough of federal employees and service members of the United States Coast Guard (USCG).

Members of the US Coast Guard did not receive their bi-weekly paychecks during the government shutdown as the USCG falls under the Department of Homeland Security, whose funding was not included in recent congressional appropriations.

With the contribution of a \$15 million donation from the United States Auto Association (USAA), funds were provided to the USCG Mutual Assistance (CGMA). Coast Guard personnel will thereafter receive interest-free loans distributed through the American Red Cross Service to Armed Forces (SAF). Due to SAF's long

history of providing assistance during emergencies to members of the military, "it was a easy partnership with USAA and USMA to administer this much needed support to the USCG community during this time of financial stress".

On a personal note, I am proud of my volunteer contributions to the American Red Cross, in particular, I am passionate about my participation in efforts to assist in all ways possible, through the Service to Armed Forces, members of the armed services here in Southern California. I have provided details of these activities in prior issues of this informative periodical, and will only further add that the ARC, using its Hero Care Centers, is available for all service members, veterans, and their families 7days a week, 24 hours a day, and 365 days a year. (Please contact www.redcross.org for more information)

Safety Around Downed Wires

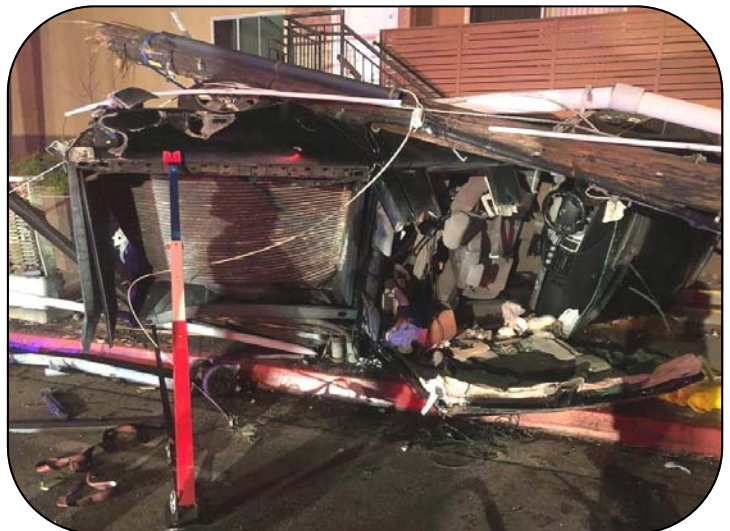
By Virginia Petrelis

Here is a link to a very important video about safety around downed power wires found on the West Orange County CERT's Facebook. It was brought to our attention by CERT member, Barbara-Leigh Tonelli. Thanks, Barbara

<https://www.facebook.com/groups/51752616628/permalink/10155983366726629/>

On Sunday, January 26, our Huntington Beach Fire Department was called to the scene of an accident involving downed power lines. Following safety procedures, Southern California Edison was called to the scene to check for energized down power lines before the fire department proceeded with the rescue. Thankfully, the wires were not live. Here is the link to the report and pictures as seen on the HBFD Facebook page.

<https://www.facebook.com/HBFD1909/photos/pcb.817453168590689/817448685257804/?type=3&theater>



January 10, 2019 General Meeting

By Virginia Petrelis

Phil Burtis began the meeting with a chart of all the events that CERT participated in during 2018. He emphasized the importance of all members turning in their volunteer hours so the City is aware of the value of CERT contributions. During 2018 only 55 CERT members logged in 3,137 hours. Many more hours went unreported. Imagine the number of hours we'd have if everyone reported.

Since we were getting into the rainy season, the second part of the evening was devoted to disaster preparation, loss of electricity, and flood preparation.

We discussed generator use.

Generator Don'ts:

- Don't ever connect it to your house wiring
- Don't use it indoors
- Don't change electrical connections when running, especially in water or rain
- Don't overtax it by trying to run it too much
- Don't run it constantly
- Don't power high-priced sensitive electronics (especially with cheaper generators)

Generator Do's:

- Do properly maintain it
- Do properly store the fuel (bad gas is your #1 enemy)
- Rotate gas
- Use stabilizers in approved gas storage cans
- Do always run it outside
- Do run it as infrequently as possible
- Do connect devices using short heavy duty extension cord
- Do add gasoline when not running and cooled down

All Electric Vehicles (AEV) in a Disaster

In an evacuation scenario:

Sitting in a long line, it might be better if you don't use power. When it runs out, there's likely no recharge around, even if there was, it takes a long time to charge it up.

In a shelter-in-place scenario:

The AEV is basically a really large battery

With an AC inverter, it can even power 120 VAC things (for awhile). When it runs out, you're probably done

The National Weather Service issues watches and warnings. CERT members should monitor these alerts during severe thunderstorms and coastal storms. Living in Huntington Beach, away from forests and mountains, we usually think we're pretty safe. However, with almost every storm, we at least have coastal flooding and parts of Pacific Coast Highway are closed. In the past, there have been neighborhoods flooded. CERT provides sandbags to elderly or disabled people if they call the CERT line to request delivery and placement.

CERT Roles and Responsibilities:

- CERT roles will vary by type of incident
- Adhere to protocols for that incident
- Do not self activate
- Remember personal safety
 - Don't take on more than you can handle
 - Use the buddy system
 - CERT safety officer will help monitor individual and team safety and well being

Flood Response Operations:

- Supply and Transportation
- Filling sandbags
- Moving sandbags
- Building a sandbag barrier
- Flood patrol
- Support services

Flood Response Supplies:

- Sandbags
- Polyethylene (commonly called poly)
- Lumber and planking
- Shovels, wheelbarrows, etc.
- Other basic supplies
 - Drinking water and other sanitation supplies
 - First aid kit and gloves

Here is a link to a video from the Huntington Beach website showing proper sandbag usage:

<https://www.huntingtonbeachca.gov/government/departments/fire/cert/hb-sandbag-video.cfm>

In Memory of John Earle Fort

September 26, 1933-November 30, 2018

John was a native Californian born in Los Angeles, California. He passed away at home, aged 85, after a long illness.

John grew up in West Los Angeles. He graduated from Stanford University with a degree in engineering and worked for McDonnell Douglas for 35 years.

He married his first wife, Willie Joan Anders in 1957. Following a tour in the Army, John and Joan raised three children. John enjoyed teaching them and sharing his deep passion for hiking, climbing, camping in the mountains and Boy Scout trips. John later became a granddad to three grandchildren. Joan died in 1999.

John joined CERT in 1995. He was an active member in the Command Post, Shelter and Communications teams. He was leader of the Huntington Beach CERT communication team for several years. Many students received their ham radio federal licenses as a result of John's classes and encouragement.

John married Tara Ann Twitty on August 14, 2010. They met while volunteering in Huntington Beach CERT and discovered their interests were very similar. They enjoyed long trips off road, music from the Big Band era, Rummykub and were very proud of their many years teaching students about ham radios. Together they formed the communication "color team" of ham radio operators who, while practicing their skills, led students from session to session during the "Save a Life Saturday" CERT training.

He will be missed by family and friends. We will remember John for his quick wit and, honest character.

Included in the current CERT Newsletter on pages 13-15 are pictures of CERT Memories of John.

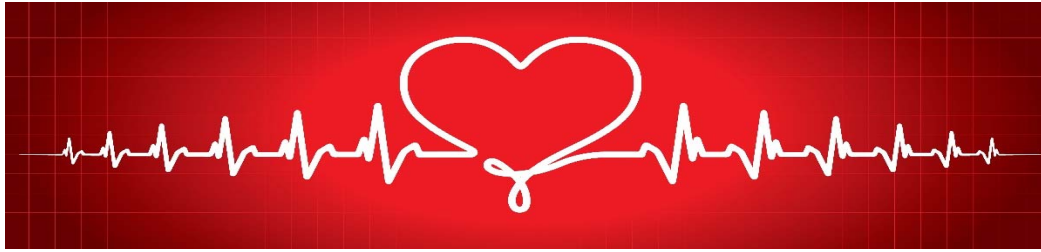
Silent Key

At the memorial to John, Richard Batistelli discussed the radio term, "Silent Key". In ham (amateur) jargon, silent key denotes the death of a ham radio member.



February Is American Heart Month

By Susan McClaran



Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease.

The good news? Heart disease can often be prevented when people make healthy choices and manage their health conditions. Communities, health professionals and families can work together to create opportunities for people to make healthier choices

Make a difference in your community: Spread the word about strategies for preventing heart disease and encourage people to live heart healthy lives.

4 Ways to Take Control of Your Heart Health

You're in the driver's seat when it comes to your heart. Learn how to be heart healthy at any age.

Don't smoke. Smoking is the leading cause of preventable death in the United States. If you don't smoke, don't start.

If you do smoke, [learn how to quit](https://wcms-wp.cdc.gov/tobacco/campaign/tips/quit-smoking/index.html?s_cid=OSH_tips_D9385)(https://wcms-wp.cdc.gov/tobacco/campaign/tips/quit-smoking/index.html?s_cid=OSH_tips_D9385)(https://www.cdc.gov/tobacco/campaign/tips/quit-smoking/index.html?s_cid=OSH_tips_D9385).

Manage conditions. Work with your health care team to manage conditions such as high blood pressure and high cholesterol including any medicines you have been prescribed. Learn more about preventing and managing [high blood pressure](https://wcms-wp.cdc.gov/bloodpressure/prevention.htm)(<https://wcms-wp.cdc.gov/bloodpressure/prevention.htm>)(<https://www.cdc.gov/bloodpressure/prevention.htm>) and [high cholesterol](https://wcms-wp.cdc.gov/cholesterol/prevention-management.htm)(<https://wcms-wp.cdc.gov/cholesterol/prevention-management.htm>)(<https://www.cdc.gov/cholesterol/prevention-management.htm>).

Make heart-healthy eating changes. Eat food low in trans fat, saturated fat, added sugar and sodium. Try to fill at least half your plate with vegetables and fruits, and aim for low sodium options. Learn more about [how to reduce sodium](https://wcms-wp.cdc.gov/salt/reduce_sodium_tips.htm) (https://wcms-wp.cdc.gov/salt/reduce_sodium_tips.htm)(https://www.cdc.gov/salt/reduce_sodium_tips.htm).

Stay active. Get moving for at least 150 minutes per week. You can even break up the 30 minutes into 10-minute blocks.

Just a reminder on some helpful CPR Tips: 7 Basic Steps for Hands-Only CPR

1. Check responsiveness ("shake & shout").
2. Place person on the ground on their back.
3. Tell someone to call 9-1-1. If you are alone, call 9-1-1 yourself.
4. Position yourself close to the person with your knees touching their arm or chest.
5. Lace your hands together & place on the center/middle of the person's chest.
6. Push hard & fast (with the goal of 100 times a minute & 2 inches deep).
7. Keep going until help arrives!

And remember.....The only way to make the person worse is to do nothing!

For more information on extensive CPR training through Red Cross, please make sure to sign up and stay current on our training offered throughout the year. (For CERT Members only.



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.**

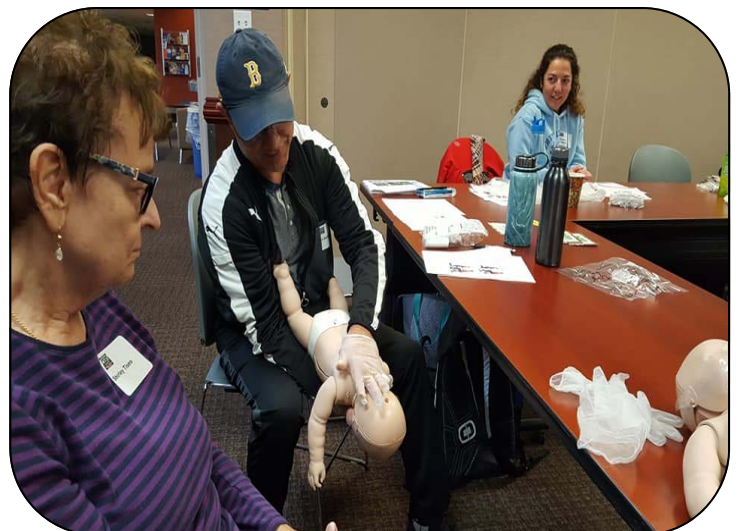
Spring Class Dates and Times

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

CERT CPR CLASS FEBRUARY 2, 2019





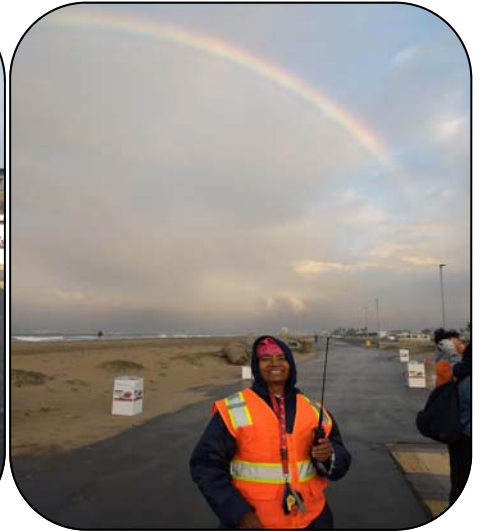
SURF CITY MARATHON, FEBRUARY 3, 2019



SURF CITY MARATHON, FEBRUARY 3, 2019, continued



SURF CITY MARATHON, FEBRUARY 3, 2019, continued



CERT MEMORIES of JOHN FORT



Acron Landfill Oil Spill



John, W6SIN Teaching Technician License Amateur Radio



2004 Volunteer of the Year



Communications Color Team



Senior Drill Organization



Dutch oven cooking

CERT MEMORIES of JOHN FORT, continued



Teaching Sleeping and Tenting Outdoors



Moulage Class



Camp CERT Communications

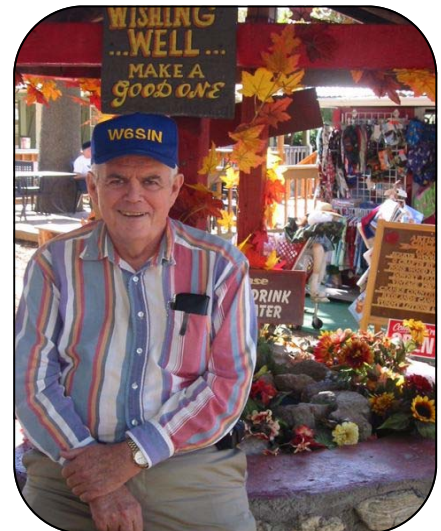


2008 Awards Program



2008 Decoration Team Preparing for Awards Ceremony

FUN MEMORIES BY CERT MEMBERS WITH JOHN FORT



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

- **There will be no** CERT General Membership Meeting, February 14, 2019, due to expected low turnout Valentines Day
- CERT General Membership Meeting, March 14, 2019, 6:30 PM in B8
- Spring FEMA CERT Training Class, March 22 thru March 24. See flyer in this newsletter.

CPR Classes

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

- Saturday, February 9, 10:00 am – 1:00 pm
- Wednesday, February 27, 6:00 pm – 9:00 pm
- Saturday, March 9, 10:00 am – 1:00 pm
- Wednesday, March 27, 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!)