



# CITY OF HUNTINGTON BEACH CERT NEWSLETTER

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## Spring Class Volunteer Opportunities! By Phil Burtis

Our spring training class is here - Friday March 6<sup>th</sup>, Saturday March 7<sup>th</sup>, and Saturday March 14<sup>th</sup>. We could use some additional help especially on Saturday, March 14<sup>th</sup> to be a "victim" (the new word is "survivor") and maybe even with some logistics help to put everything away at the end.

Especially for you newer grads that have completed your LiveScan and are looking for volunteer opportunities, this may be a fun way to get involved.

Besides being a survivor, are you interested in perhaps being an instructor helper and eventually even becoming an instructor? This is a great chance to get some exposure. The "drill your skills" portion on the last day is challenging and having a few extra helpers for simple tasks like refilling the water fire extinguishers is a huge help!

If you would like to help with the class, please email Carol at: [carol.burtis@surfcity-hb.org](mailto:carol.burtis@surfcity-hb.org)



Thank you for considering!

## Special Reader's Prize! By Phil Burtis

As a valued reader of our HB CERT newsletter, we want to offer up a little contest to see who's really paying attention.



To be eligible for a special prize to be handed out at the next CERT meeting, simply send an email with your name and the

phrase "CERT rocks!" to [hbcertsb@gmail.com](mailto:hbcertsb@gmail.com).

All entries with a name and that phrase received prior to the next meeting will be put in a hat and randomly selected. Winner need not be present to win, but wouldn't that be nice?

We can't wait to see what sort of response we get, so hurry with your entry.

## CERT Logo Merchandise By Phil Burtis

In years gone by, we have had opportunities to buy CERT logo merchandise such as T-shirts, hoodies or hats, etc. We would like to find out if there's any interest in having some items available with our current logo.

Please go to the CERT Facebook page <https://www.facebook.com/groups/575614189265230/> where we have posted a small poll to see who might be interested in purchasing certain items. You can even add an option if you like.

If we receive sufficient responses for certain items, we'll investigate and provide the cost and availability.

Thanks for taking the time to check out the poll.

## Cherry Blossom Festival By Carol Burtis

The Cherry Blossom Festival in Huntington Beach Central Park is fast approaching. It's scheduled for the weekend of March 13, 14 and 15. This is a three-day celebration of Japanese culture, food, music and entertainment. See flyer.

CERT will provide a first aid booth at the festival. If you are currently certified in 1<sup>st</sup> Aid/CPR/AED, opportunities to sign on as a volunteer at the booth can be found on the portal at: <https://www.huntingtonbeachca.gov/government/departments/fire/cert/cert-members-events-detail.cfm>. We still need help on March 14, especially the afternoon shift from 3pm to 9 pm.

## From the Red Cross Desk

By Richard Batistelli

### A Day in the Life of a “Red Crosser”

In the short time required to receive a telephone call from the American Red Cross (ARC), my well-planned and organized schedule for the week of February 12, was turned on its head. On the phone, was the head of ARC Orange County Logistics, informing me of a major apartment fire in the City of Tustin, occurring about 3 am in the morning. The five-alarm fire caused the immediate evacuation of some 40 units of a multi-housing complex and the displacement of more than 60 potential clients (an ARC term).

Accordingly, I would be needed to open a Care and Reception Center (C&R—another ARC term) in order to receive these newly dispossessed families with pets. They were in dire need of assistance and would be arriving at a local community center very soon.

As Facilities Lead for my Orange County Chapter, among my several responsibilities in Logistics, is to inspect and secure a local emergency shelter and housing for events such as this fire. (As a sidebar, in recent months I have been visiting many of the 34 cities in Orange County, surveying them as suitable locations for these crisis calls. To date, more than half of the proposed cities' properties have been canvassed and approved for usage in preparation for these emergencies.)

So, out the door I went, as did many Red Crossers that day. The City of Tustin and the staff at the Tustin Area Senior Center (the selected shelter site) were very gracious and supportive. The community leaders cleared their planned holiday schedule of Valentine Day parties and lunches for their senior population and welcomed the new arrivals with open arms.

As I was performing my required walk-through inspection of the center, other very dedicated and vital Red Cross volunteers arrived from Logistics, Mass Care and Feeding, Health and Mental Health Services and many others arrived to help set up and receive the fire evacuees. While the shelter workers were preparing, the evacuated clients quickly appeared (some wearing pajamas or bare feet) in city-provided Senior Center buses.



On this first day, as the scope, impact and size of the disaster expanded, additional calls for staffing a 24 hour shelter were sent to our cadre of available local volunteers and then to other supporting Red Cross Chapters in Riverside and San Bernardino. Senior staff members at the local Chapter headquarters in Santa Ana were in continual contact with the shelter site, government and faith-based agencies and National Red Cross leadership.



Food, clothing and long-term housing were of imperative importance for the recovery of the many families impacted by this terrible fire. And soon, clothing donations of all shapes and sizes were being delivered on a daily basis, far more than were needed. The excess was delivered to the OC Rescue Mission. Food was delivered and served in three healthy meals a day by various local restaurants. Even the cooking team of senior volunteers from the Tustin Center provided food.



The most difficult concern was and is long-term housing. The shelter remained open for seven days as the Red Cross and multiple agencies searched for replacement housing. (Rental housing in the Southern California marketplace is very limited.)

As of the closing inspection and return of the center to the City of Tustin and its senior population, all of the clients left with their immediate needs being met with the continued support of the American Red Cross, the County of Orange community agencies and local private support groups. A “thank you” email sent to ARC volunteers stated that “the clients were well served because of the trained and dedicated volunteers in Orange County.”



## The Updated CERT Basic Training is Here!

By Phil Burtis

The updated CERT Basic Training is here! It features a revised Disaster Medical Operations section, updated Terrorism and CERT section, and new hazard-specific annexes. Find the new curriculum materials online and order free copies from the FEMA publications warehouse beginning January 8, 2020.

The CERT Basic Training includes research-validated guidance for CERT programs to teach members what to do before, during, and after the hazards which their communities may encounter. The materials in the training include:

- instructor guides;
- participant manuals;
- hazard annex slide decks

FEMA Independent Study IS-317: Introduction to CERT can be taken online before or during training.

CERT members in leadership positions are encouraged to take the CERT Train-the-Trainer and Program Manager Courses. Find more information through the Emergency Management Institute (EMI) and sign up for course offerings too.

To download the materials visit: <https://www.ready.gov/cert>

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## Ewww.....The Flu! Show Me the Science

By Susan McClaran

Keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others. Many diseases and conditions are spread by not washing hands with soap and clean, running water. CDC recommends cleaning hands in a specific way to avoid getting sick and spreading germs to others. The guidance for effective handwashing and use of hand sanitizer was developed based on data from a number of studies.

Handwashing can help prevent illness. It involves five simple and effective steps (Wet, Lather, Scrub, Rinse, Dry) you can take to reduce the spread of diarrheal and respiratory illness so you can stay healthy. Regular handwashing, particularly before and after certain activities (refer to poster on page 6) is one of the best ways to remove germs, avoid getting sick, and prevent the spread of germs to others. It's quick, it's simple, and it can keep us all from getting sick. Handwashing is a win for everyone, except the germs.

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## 2020 Surf City Marathon

By Raji Shunmugavel

Once again, I felt blessed to attend and assist the Huntington Beach RACES at the 2020 Huntington Beach Marathon as an amateur radio emergency communicator.



As in prior marathon events, my assigned location on the bike path was just over the half-way point, at mile marker 20, on the Full Marathon course. With the prediction of foul weather at race time, the enthusiastic runners faced near freezing winds, but were not deterred. They were cheered on by young water station volunteers who delivered cups of refreshing drinks to passing thirsty participants.



My location and responsibility on the course was to observe and report to RACES leadership, in real time, runner position status and any medical needs that may arise. Luckily, there were no medical issues or aid requests.

Soon, the weather improved, the runner traffic had passed, and the volunteers had cleared the area of cups and debris. The noise of the street sweepers was fast approaching. I was released from the radio net at 12:45 pm. I hope to rejoin my CERT and RACES communicator teammates next year.

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## Tsunami Preparedness

By Ada J. Hand

**What is a Tsunami?** A tsunami (pronounced soo-nahm'-ee) is a series of giant waves that happen after underwater movement due to natural events such as earthquakes, volcanic eruptions, landslides and meteorites. The waves travel in all directions from their origin as "ripples from a thrown rock." Waves may travel in the open sea as fast as 450 mph. As they approach shallow waters along the coast, they grow to a great height. A wall of water can slam into the coast, engulfing everything in its path.

Huntington Beach has always been on the forefront of tsunami preparedness. While the north coast of California is the most hazardous area for potential tsunami destruction, Southern California can be susceptible to tsunami as well.

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## Tsunami Preparedness (continued from page 3)



March 23-29 is California's "Get Ready for Tsunami" week. To be ready, you should have a Grab-n-Go bag, a family communication plan, and the ability to get away from the coast immediately. The map above has been revised recently by the City of Huntington Beach. Please note the evacuation routes.

### Susan McClaran's First Aid Corner Brain Injuries

*I was thinking that during the course of an emergency, whether natural or man-made, we may very well be faced with survivors who will have experienced head trauma, resulting in brain injuries. While we as CERT volunteers cannot do very much to treat, other than controlling any bleeding, I thought it was important to note some of the signs and symptoms that would allow us to be sensitive surrounding this type of injury.*

March is Brain Injury Awareness month and below are some excerpts from the Brain Injury of America Association. For more information, please visit their website: <https://www.biausa.org/brain-injury>

The human brain is magnificent and complex. The brain is made up of many parts, each with a specific and important function. It controls our ability to balance, walk, talk, and eat. It coordinates and regulates our breathing, blood circulation, and heart rate. It is responsible for our ability to speak, to process and remember information, make decisions, and feel emotions. Every brain is unique, ever-changing, and extremely sensitive to its environment.

The brain is divided into functional sections, called **lobes**:

- **Frontal Lobe** (shown in orange)
- **Temporal Lobe** (pink)
- **Parietal Lobe** (blue)
- **Occipital Lobe** (green)
- **Cerebellum** (red)
- **Brain Stem** (yellow)



An injury to the frontal lobes may affect an individual's ability to control emotions, impulses and behavior or may cause difficulty recalling events or speaking.

An injury to the temporal lobes may lead individuals to demonstrate difficulty with communication or memory.

Individuals who have injured their parietal lobes may have trouble with their five primary senses: touch, smell, hearing, sight and taste.

An injury to one's occipital lobes may lead to trouble seeing or perceiving the size and shape of objects.

An injury to the cerebellum may affect balance, movement, and coordination

The brain stem controls the body's involuntary functions that are essential for survival, such as breathing and heart rate.

The functional sections (lobes) of the brain are also categorized by side - the right side and the left side. If you split the brain down the middle into two equally-sized parts, they are not the same and do not carry the same functions.

The right side of the brain controls the left side of the body, while the left side of the brain controls the right side of the body. Each side is responsible for different functions, and general patterns of dysfunction may occur depending on the side of the brain sustaining an injury.



### Injuries of the left side of the brain can cause:

- Difficulties understanding language (receptive language)
- Difficulties in speaking or verbal output (expressive language)
- Catastrophic reactions (depression, anxiety)
- Difficulty speaking
- Impaired logic
- Sequencing difficulties
- Decreased control over right-sided body movements.

### Injuries of the right side of the brain can cause:

- Visual-spatial impairment
- Visual memory deficits
- Left neglect (inattention to the left side of the body)
- Decreased awareness of deficits
- Altered creativity and music perception
- Loss of "the big picture" type of thinking
- Decreased control over left-sided body movements

Unlike what is seen in the movies, *waking up* following loss of consciousness is not immediate and sometimes can be quite difficult for the individual and their loved ones. It is important to be aware of the various neurologically-based symptoms that may occur during this period, such as irritability, aggression, posturing, and other issues.

Post-traumatic amnesia (PTA) is also typically experienced as an injured person regains consciousness. PTA refers to the period when the individual feels a sense of confusion and disorientation (i.e., wondering who or where they are and what has happened to them) and an inability to remember recent events.

As time passes, these responses typically subside, and the brain and other body systems approach stability. Unlike bones or muscle tissue, the neurons in the brain do not mend themselves. New nerves do not grow in ways that lead to full recovery. In fact, certain areas of the brain remain damaged, and the functions that were controlled by those areas may be disrupted and lead to challenges in the individual's life.

*As I mentioned in the beginning, there is not much we can do in the way of basic First Aid but I felt it important to have a bit of knowledge in what we could be faced with and remember that the few things we can do are offer patience, comfort and caring.*



# Wash Your Hands

**During an emergency, keeping hands clean can help keep you and others healthy.**



Washing hands with soap and clean water is the best way to remove germs that can make you and others sick. If you don't have soap and clean water, use an alcohol-based hand sanitizer that contains at least 60% alcohol.



## Stay healthy by washing your hands many times each day:

### BEFORE

- preparing food
- eating
- caring for someone who is sick
- treating a cut or a wound

### AFTER

- Using the bathroom
- Changing diapers or cleaning a child who has used the toilet
- Blowing your nose, coughing, or sneezing
- Touching an animal, animal feed, or animal waste
- Handling pet food or pet treats
- Touching garbage



## What is the right way to wash your hands?

1. Wet your hands with clean running water (warm or cold) and apply soap.
2. Lather your hands by rubbing them together with the soap.
3. Scrub all surfaces of your hands, including the palms, backs, fingers, between your fingers, and under your nails.
4. Keep scrubbing for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song twice.
5. Rinse your hands well under running water.
6. Dry your hands using a clean towel or air-dry them.



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention

[www.cdc.gov/handwashing](http://www.cdc.gov/handwashing)

CS26031-A



# CHERRY BLOSSOM FESTIVAL

HUNTINGTON BEACH, CA

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THE SISTER CITY ASSOCIATION  
OF HUNTINGTON BEACH

## Join Us for a Celebration of Japanese Culture, Food, Music, and More!

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5PM - 9PM

**SATURDAY | MARCH 14**  
10AM - 9PM

**SUNDAY | MARCH 15**  
10AM - 4PM

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# 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 Basic Training Class, March 6, 7 and 14.
- CERT General Membership Meeting, Thursday, March 12, 2020, 6:30 PM in B8. This meeting will be the second unit of Disaster Living, topic is water storage and sanitation.

### CPR Classes

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

- 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](http://www.huntingtonbeachca.gov/cert) **CERT Contact:** [CERT@surfcity-hb.org](mailto:CERT@surfcity-hb.org)  
**CERT Message line 714-536-5974 (THIS IS A MESSAGE LINE ONLY!)**