HUNTINGTON BEACH CERT COMMUNITY EMERGENCY RESPONSE TEAM

CITY OF HUNTINGTON BEACH

CERT NEWSLETTER

SINCE 1991

March 2023

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FIRE FOUNDED 1909

CLASS 1

American Red Cross First Aid/CPR/AED Class *By Carol Burtis*

We held our final First Aid class for 2022 on Saturday, November 19 with 21 eager students! Our great team of Susan McClaran, Melisse Bridges, Linda Vollmar and Valerie Spingola were the instructors and assistants. The six-hour class went well and all of our students completed the training and received their certifications from the Red Cross that are good for the next two years!

We will be offering four of these classes in 2023: March 4, May 6, July 15 and October 28. All classes are held at City Hall in rooms B7 & B8 and run from 8:00am to 2:00pm. The cost is $40 payable at the class for material fees and Red Cross Certification. Active and Live-Scanned CERT volunteers can register on our CERT member portal. Non-active volunteers can register by sending me an email at: carol.burtis@surfcity-hb.org.

March is Tsunami Awareness Month--Here's what you need to know

Preparing for Tsunamis will help you prepare for all emergencies. Even though you may live a distance from the beach, if you are enjoying the ocean at a coastal restaurant, on a boat, or visiting a seaside locale, you should be aware of the possibility of a tsunami.

A tsunami (pronounced soon-ah'-me) is a series of waves caused by an earthquake under the sea floor. A lot of the time there is an unusual lowering of ocean water, followed by a strong surge of water, sometimes 30 feet high. These waves are like debris-filled rivers, you cannot surf them because there is no face to a tsunami wave and they can travel great distances. The 2011 Japanese tsunami caused over $100 million damage to California coastal communities.

If you are at the coast and an earthquake lasts 20 seconds or more, or if you receive a tsunami warning, **get to higher ground! QUICKLY!** Stay there, because tsunami waves may arrive for 8 hours. Avoid downed power lines and weakened overpasses. If you are not in a tsunami hazard zone, stay where you are. In an earthquake, the Governor's Office of Emergency Services says you should Drop! Cover! And Hold On!

You may receive an official tsunami warning by:

- Radio/national weather service radio
- Television
- Telephone/cell phone
- Text message
- Warning from emergency responders
- Outdoor sirens

How do you know if a tsunami is coming? Be warned, if you observe one of the following:

- One of the signs of a potential tsunami is the occurrence of a very large earthquake that lasts for more than 20 seconds. If an area has been shaken by a very large earthquake, one should be on alert that shorelines located within the radius of the earthquake's epicenter, may be hit by a tsunami.
- A loud roar (like a train or an airplane) from the Ocean.
- Unusual ocean behavior looking like a fast-rising flood or a wall of water.
- A more immediate and ominous sign of an approaching tsunami is a rapid and unexpected recession of water levels below the expected low tide. This can occur minutes before the shoreline is struck by a tsunami and can be the only sign along coastlines that are located too far from the earthquake epicenter to have felt the shaking.
- A tsunami may also occur with very little warning.

The Ready.gov/tsunamis says to do the following: Be sure to share with your family members about how to be safe in a tsunami.

- If caused by an earthquake, **Drop, Cover, then Hold On** to protect yourself from the earthquake first.
- Get to high ground as far inland as possible
- Be alert to signs of a tsunami, such as a sudden rise or draining of ocean waters.
- Listen to emergency information and alerts. Always follow the instructions from local emergency managers.
- Evacuate - DO NOT wait! Leave as soon as you see any natural signs of a tsunami or receive an official tsunami warning.
- If you are in a boat, go out to sea

CMAP CERT Training Day February 11, 2023

Several of our Huntington Beach CERT members attended this CMAP training day which was funded through a Urban Area Security Initiative (UASI) grant. Volunteers played the role of victims in a simulated terrorist attack. Here are some of their impressions:

From Kim Flores

The UASI Exercise held at the OC Sheriff's Training Center and Memorial was excellent because it reminded me of my purpose. The fact that administration included guardians to train with us and was scheduled during Lincoln's Birthday weekend meant a lot to me.

My favorite station was the medical station where they simulated what would happen when flight paramedics flew us in their helicopter ambulance to the hospital where trauma surgeons took bullets out of our abdomens so we would survive the terrorists' mass shooting rampage! I would like to request more grant approvals so that Orange County can continue to participate annually.

From Jill Senecal

Participating in the Full Scale Exercise, gave me a glimpse into the differences and similarities of CERT Training across the County's 14 CERT groups that participated. I also gained significant appreciation for having experienced CERT and CMAP workers show us "newbies" how to take action, based on current needs and the availability of resources. It was an invaluable day.

From Ed Klotz

More than 130 participants from 17 Orange County cities attended the CERT CMAP exercises at the Sheriff's Regional Training Academy in Tustin from 8am to 4pm. Attendees were split into six groups. I was not fortunate enough to be assigned to Carol Burtis' group, which was fine, because everyone had a great time getting to know each other. Each group rotated throughout the day learning the required five topics:

Getting to know the Field Guide
Light Search & Rescue
Medical
Damage Assessment Go/No-Go safe to enter?
Stop the Bleed (my favorite exercise because I learn more each time I take the course.)

When called upon in an emergency we will be assisting others as needed for whatever situation arises. I highly recommend that everyone take the full-scale CMAP exercise when available.

Surf City Marathon Feb. 5, 2023
By Raji Shunmugavel

On Sunday, February 5 at 5:30am, I headed in my car to participate as a Communication Volunteer for the Surf City Marathon at Bolsa Chica State Beach. This was the first event of 2023 after HB CERT and HB RACES began participating together in a common Monday NET.

When I entered near Guard Tower 25, the temperature was 48 degrees, windy, and cold. The parking lots were still filled with sand and debris from the high tide activity days before. After I arrived at the scene, I contacted Net Control who informed me of my assigned location for the day. My tactical call sign was Bolsa and I stayed with the group at the Water Station.

The first runner arrived at this site around 8:45am and then turned around at the 21-mile marker to finish the race. We are trained to use brief, clear and relevant information to communicate with the NET control. I tried to keep my transmissions short.

I had thought several athletes might need a SAG (Support and Gear) Wagon ride, but they managed to continue running. I meet the same two athletes every year in the attire you see in the photos. They are from our BEARS NET that our ham operators were using before. They remembered me and we took pictures together when they stopped for a water break.

From our CERT training I learned to be prepared for weather of any kind as you will see in the pictures. Though I wore the yellow waterproof wear when it was raining, I changed to casual when the rain stopped. I had them all ready in my car as I learned from CERT.

Around 1:00pm I was dismissed from my duty and returned home safely after an enjoyable day.

January 12, 2023 CERT Meeting
By Carol Burtis

Our first meeting of the year had Phil Burtis doing a recap of 2022 events and training as well as what we have planned for 2023. Then Colton Hauer, from Republic Services and Recycling, spoke about the new changes coming later this year in recycling our food waste as well as information on how to clean our recycle items so they can actually be recycled. We also had a lively question and answer session after Colton's presentation. It was a great start to what should be a fantastic year for HB CERT!

February 9, 2023 CERT Meeting
By Carol Burtis

Our guest speaker on February 9 was Brian Brannon from Orange County Mosquito & Vector Control. He discussed how to reduce mosquitos at your home and how to prevent vector-borne illnesses.

For more information or to report a rat, mosquito, or other pest problem, please visit their website at https://www.ocvector.org/. Their service is free!

December 3, 2022 Police Department Open House
By Carol Burtis

On Saturday, December 3, with the assistance of Phil Burtis for set up, Kelly Feeney and Buffy Harris staffed a CERT booth at the Police Department Open House. Mounted enforcement was there along with police dogs, helicopter, and some other cool equipment.

CERT is always invited to participate in this yearly event. As they walked around the displays, many families stopped by to receive information on our program.

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November 19, 2022 CERT Meeting
By Raji Shunmugavel

At our November meeting we learned and practiced knots. Survival knots are very important in rescuing a person during a natural disaster. When my children were in the Scouts, we learned knot tying and in my earlier CERT training I also learned and practiced them. This was a good review after sitting home for two years during the COVID19 Pandemic. Skills must be refreshed and hands-on practice is very important.

After tying knots, we were divided into three groups for a table top exercise. In my group I was the team leader. We practiced filling out forms after a disaster, reporting on the incident, triaging, and writing a plan for recovery. Damage assessment forms and messaging report forms were given for practice. Any injuries that required supplies and equipment or medical services needed to be communicated via these forms. Time is essential. We have to be able to serve a large number of people in a short period of time.

From Carol Burtis

The table top exercise we did was part of a game called "Disasterville" that the Huntington Beach Fire Outreach Foundation purchased for us from the National CERT Association. We utilized a portion of that game as a refresher for how to run a CERT command post during a disaster, including practicing the FEMA forms we would use. This is something we hope to continue this year and beyond as being familiar with the terms, forms and practices is something we should all practice!

RACES November 2022 Meeting
By Raji Shunmugavel

The November RACES meeting was held on November 14 at 6pm in the EOC. As a part of that, there was a training session on the net control operations in the EOC.

The weekly RACES & CERT net check-in is on Monday evenings at 7:15pm for both 2 meters and 70 centimeters. Jon Welfringer, Chief Radio Officer for HB-RACES, presented a lot of information and took extra time to talk about how the repeaters and digital protocols work. We then had a two-hour session about proper net operation.

Peter Barbour, the Training Officer for HB-RACES, was the instructor and discussed how events will go smoothly if we are properly trained. But the one impressive comment I heard about CERT net was the formatting. With the proper formatting, our CERT communicators know very well how to check in with out doubling on another's transmission or creating other disturbances.

Being trained and effective radio operators helps make our CERT communication team be a well-prepared group who can respond to a situation where emergency radio communication is needed.

Sandbagging 2022-2023
By Raji Shunmugavel

On Friday morning, November 11, 2022, Phil Burtis, Jacko Luong, and I met in the City yard and prepared 32 sand bags and delivered them to two houses.

It is better to prepare before rather than during the rain. When my neighbor, Vanessa, wanted sand bags, Phil and John Bishop came immediately and delivered ten bags to her house. I have a happy neighbor and she praises our CERT so much. She is glad that I am a CERT volunteer. Carol Burtis, our CERT coordinator, does not like to send out volunteers in the rain so she would take the calls and send out the volunteers during non-rainy times. Good idea, as it prevents a lot of mess. In one day we were able to fill all requests.

The rain started early in January and record rain continued falling through January 16! A message went out to the residents about free sandbags on January 4 and the calls started rolling in! We received 18 requests for sandbag delivery and numerous others needing information. Our amazing CERT volunteers rallied to be able to make deliveries to 11 of those requests the same day!

From Carol Burtis

From fall through December 6, we made 6 deliveries for a total of 88 sandbags. January 3 through 17, we made 35 deliveries, totaling 566 sandbags. Our total to date is 41 deliveries of 654 sandbags!

Our senior and physically challenged residents are so grateful for this service and without our amazing volunteers we could not provide it!

November 9-10, 2022 Disaster Expo in Anaheim
By Raji Shunmugavel

On Wednesday, November 9, 2022, I attended the Disaster Expo in the Anaheim Convention Center. The event started with a nice VIP breakfast, a ribbon cutting ceremony and time to go through the exhibitors' booths and attend lectures by experts in the field. The exhibits and symposiums all related to earthquake disaster recovery materials and supplies. There was a presentation about earthquake insurance for home owners, apartment owners and renters and on the seven steps to surviving a disaster.

For two years I attended FEMA and EAC meetings by zoom only. It was nice to be at an in-person event after all the shutdowns due to COVID19.

From Carol Burtis

I attended the November 10th day of the Disaster Expo with Maria Young. There were several vendors with information on disaster preparedness supplies as well as some excellent presentations on weather, equipment, fire suppression and other items. This was a well-attended event and I would guess it will become a yearly event. It was free, so maybe we can get a group to go next year!

ShakeOut Drill 2022
From Raji Shunmugavel

On October 20, 2022 we had a ShakeOut Drill. I followed activities held by the Earthquake Country Alliance via zoom. (The Earthquake Country Alliance is a public-private-grassroots partnership of people and organizations that work together to improve earthquake and tsunami preparedness, mitigation and resiliency.)

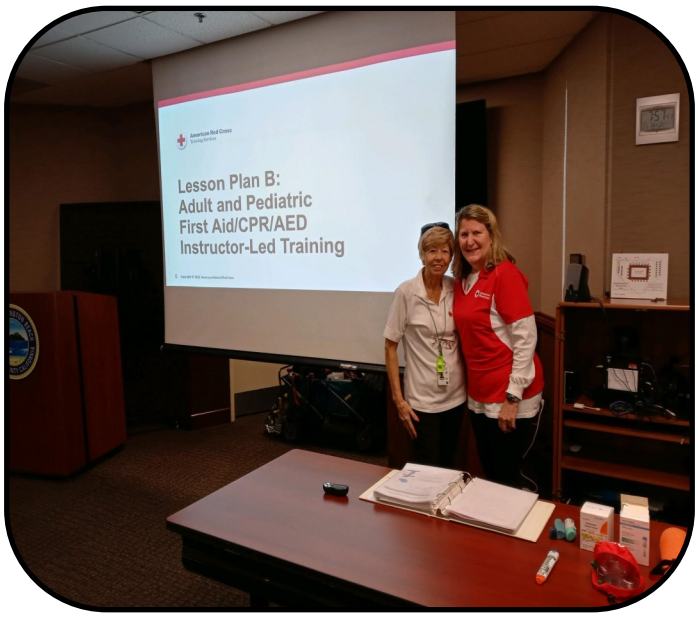
I decided to simulate what I would do if the earthquake happened while I was in the car entering my driveway. I remained in the car until the shaking stopped and the exercise was over. Afterwards I went into the house and made a safety and damage assessment check around my home.

Then I participated in the Earthquake Country Alliance's ham radio "Winlink Wave Talkers" program. It is recommended that we practice this once a week with Winlink and send the report and images. They simulated sending a "Did You Feel It?"(DIFI) exercise report to the US Geological Survey (USGS.) Here is the link for the article in the AARL (American Radio Relay League) ARES November 16, 2022 Newsletter: http://www.arrl.org/ares-el?issue=2022-11-16#toc02. The article is titled "ShakeOut 2022: Radio Operators Send Winlink DYFI Reports to USGS."

City Hall ShakeOut 2022
By Carol Burtis

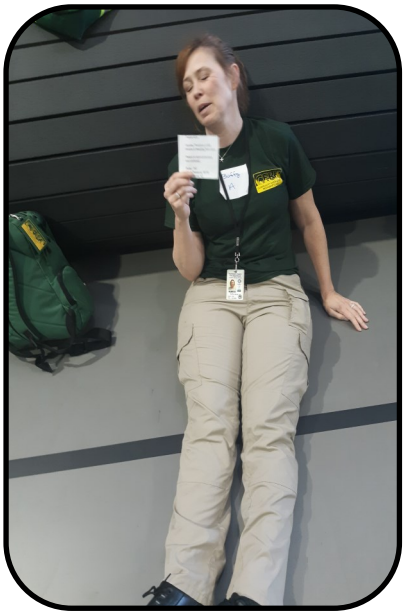
For the first time since COVID19 arrived, City Hall did a full building evacuation of employees and visitors for the ShakeOut. The Fire department assisted by performing a floor-by-floor search. It was good for everyone to be able to practice for a real event like an earthquake again!

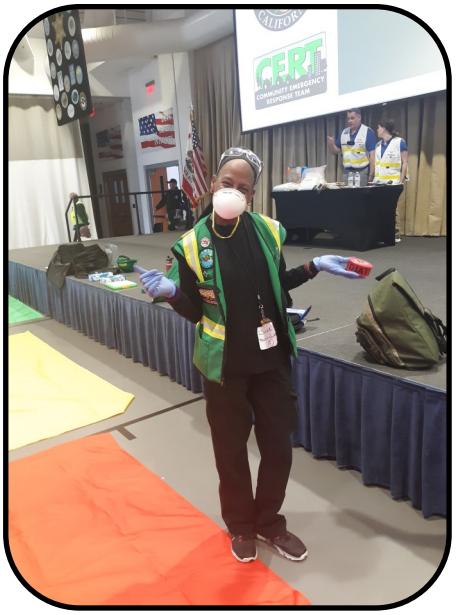
November 19, 2022 1st Aid Class



CMAP CERT Training February 11, 2023

CMAP CERT Training February 11, 2023 (continued)





Leo
Grace C
Kelley
Shannon
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Scenario
An earthquake has occurred in a neighborhood, causing damage to multiple structures. Your team has been requested to conduct a damage assessment of the buildings and determine whether it is safe for your team to approach for light search.
CERT

December 3, 2022 Police Open House

December 3, 2022 Police Open House (continued)

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

To be Determined

CPR Classes

- March 4, 2023 ARC 1st Aid Class, 8am-2pm,City Hall B7-B8
- May 6, 2023 ARC 1st Aid Class, 8am-2pm,City Hall B7-B8
- July 15, 2023 ARC 1st Aid Class, 8am-2pm,City Hall B7-B8
- October 28, 2023 ARC 1st Aid Class, 8am-2pm,City Hall B7-B8

See p1, Register on CERT Portal, or e-mail Carol

CERT COVID –19 NEWSLETTER REMOTE STAFF: Virginia Petrelis (Editor), Peter Petrelis (Publisher),
NORMAL CURCUMSTANCES ADDED STAFF: Richard Batistelli, Anna Pinter, Cynthia Goebel, Carol Nehls, Rajarajeswari (Raji) Shunmugavel,

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!)