



# CITY OF HUNTINGTON BEACH CERT NEWSLETTER

SINCE 1991

September 2021

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### Save the Date—Thursday, September 9 at 6:30 pm

By Carol Burtis

Our CERT/RACES meeting this month will have a special guest speaker, Margaret Vinci, from the California Institute of

Technology.

Margaret's principal responsibility is the management of the Earthquake Research Affiliates (ERA) Program which includes the procurement of funds for continued research in fields of Seismology and Earthquake Engineering and for the upgrade and maintenance of the Southern California Seismic Network; facilitation of ERA and CISON workshops, conferences and meetings; editor of the ERA newsletter; administration of public relations and special events; liaison between scientists and ERA member organizations and critical users of earthquake information, including on-site assistance; conducting special tours of the Seismology Laboratory and the participation in outreach events to promote public relations and earthquake education within the local community. Website: <http://www.caltech-era.org>.

She will speak on California earthquakes past, present and future and will also be telling us about some of the new detection and notification applications that we all can use. Don't miss this very informative meeting!

I will send out the Zoom meeting information by email. Unfortunately, with the increase in COVID-19, the City has said we must continue to hold our meetings on Zoom.

### CERT Class July 31, 2021

By Carol Burtis

On Saturday, July 31, we were finally able to complete our March 6-7, 2020 CERT class. Fifteen of the original 60 students returned to participate. We changed the style of the "drill your skills" a bit due to COVID-19 and social distancing. Each skill was done at a separate station in small groups; both the instructors and students really seemed to enjoy the new style so we may utilize this format in future CERT classes.

I want to thank all of our CERT volunteers who instructed and helped at the class including our Communication Team who helped move our groups from station to station. Thank you also to Brevyn Mettler and Division Chief Eric McCoy who joined us for the class graduation!!

See pages 6 —9 for more photos!



**Stop the Bleed**  
From Susan McClaran

It is the bystander who will most likely be the immediate responder and can have the greatest impact on stopping bleeding and saving a life.

Bleeding is the leading cause of preventable death. A person can die within 5-10 minutes due to uncontrolled bleeding, but proper bleeding control methods—including hand techniques, dressings, and tourniquets—can make all the difference.



No matter how rapid the arrival of professional emergency responders, bystanders will always be first on the scene. A person who is bleeding can die from blood loss within five minutes, so it's important to quickly stop the blood loss.

Remember to be aware of your surroundings and move yourself and the injured person to safety, if necessary.

**Call 911.**

Bystanders can take simple steps to keep the injured alive until appropriate medical care is available. Here are three actions that you can take to help save a life:

**1. Apply Pressure with Hands**  
EXPOSE to find where the bleeding is coming from and apply **FIRM, STEADY PRESSURE** to the bleeding site with both hands if possible.

An illustration showing two hands applying firm, steady pressure to a bleeding site on a person's arm.

**2. Apply Dressing and Press**  
EXPOSE to find where the bleeding is coming from and apply **FIRM, STEADY PRESSURE** to the bleeding site with bandages or clothing.

An illustration showing a person's arm with a white dressing being applied to a bleeding site, with hands pressing down on it.

**3. Apply Tourniquet(s)**  
If the bleeding doesn't stop, place a tourniquet 2-3 inches closer to the torso from the bleeding. The tourniquet may be applied and secured over clothing.

**PULL** the strap through the buckle, **TWIST** the rod tightly, **CLIP and SECURE** the rod with the clasp or the Velcro strap.

If the bleeding still doesn't stop, place a second tourniquet closer to the torso from first tourniquet.

A series of three illustrations showing the steps to apply a tourniquet: 1. A tourniquet is placed around the arm. 2. The strap is pulled through the buckle and the rod is twisted. 3. The rod is secured with a clasp or Velcro strap. A second tourniquet is shown being applied closer to the torso.

The 'Stop the Bleed' campaign was initiated by a federal interagency workgroup convened by the National Security Council Staff, The White House. The purpose of the campaign is to build national resilience by better preparing the public to save lives by raising awareness of basic actions to stop life threatening bleeding following everyday emergencies and man-made and natural disasters. Advances made by military medicine and research in hemorrhage control during the wars in Afghanistan and Iraq have informed the work of this initiative which exemplifies translation of knowledge back to the homeland to the benefit of the general public. The Department of the Defense owns the 'Stop the Bleed' logo and phrase - trademark pending.



Homeland Security

Office of Health Affairs



**CERT Decathlon with Costa Mesa, Newport Beach & Huntington Beach CERTs, August 10, 2021**

*By Raji Shunmugavel*

In 2019, I attended the decathlon in the same Newport Beach fire station. Because of COVID-19, the 2020 Decathlon was cancelled. This year I was able to attend the event again and had a chance to participate in Damage Assessment, Triage/Tourniquet use and the FOG (Field Operations Guide) Jeopardy game.

Damage Assessment team leader, Mark Gasdaglis, (though I arrived late due to some traffic issue) helped me to make sure I got all my equipment for each station. There were scenarios posted on the walls with pictures of damaged homes; we were reading and deciding how to assess the damage by using ICS Damage assessment forms and reporting the results to the IC. We had to decide if evacuations would be necessary, the condition of the homes and if it was safe to enter the building. We had to work as a team and communicate with each person.

Our next stop was Triage/Tourniquet use and we were divided into two teams. A mannequin with the bone protruding and heavy bleeding from the left leg was one of our “patients.” We had to decide what to do, based on what we learned in our CERT and First Aid/CPR training. We did head to toe assessment, tried to determine how much bleeding, if we should use a tourniquet and how it should be applied. After the segment, the leader explained the areas we needed to improve.

Our next segment was the Field Operation Guide Jeopardy game. There were categories like Search and Rescue, Medical Operations, Fire Suppression as well as Ham Radio Phonetic Alphabet, Fire Extinguisher

“P.A.S.S”(acronym for Pull, Aim, Squeeze, Sweep), Disaster Psychology and Empathetic Listening. All the participants brought the FOG books with them.

At the end, during the ice cream social, our Huntington Beach coordinator mentioned that our CERT team remembered to do empathetic listening with the mannequin throughout the training time and commended our team. What went very well, and what did not, was explained to the participants. As a team, we enjoyed the event and were delighted by the ice cream and sherbet accompanied by variety of cookies. Then the results were announced, a group picture was taken and we were finished!



## National Night Out - August 3, 2021

By Carol Burtis

On Tuesday, August 3, we participated in the Huntington Beach National Neighborhood Watch Night Out. This year the event was held at the Rodgers Center and there was a nice participation of the Police Department, Fire Department, CERT, RACES and other businesses from the City. We had the opportunity to talk with several residents who dropped by to find out more about CERT and RACES!





## 2021 ARRL Field Day

By Raji Shunmugavel

Field Day usually starts on Friday evening and lasts through Sunday morning. Due to COVID-19, this event was not held in 2020. This year, RACES did a poll and it was decided to hold the event only on Saturday, June 26, 2021. The Volunteer Command trailer was brought to our beach location to use as the headquarters since it has HAM radios in it.

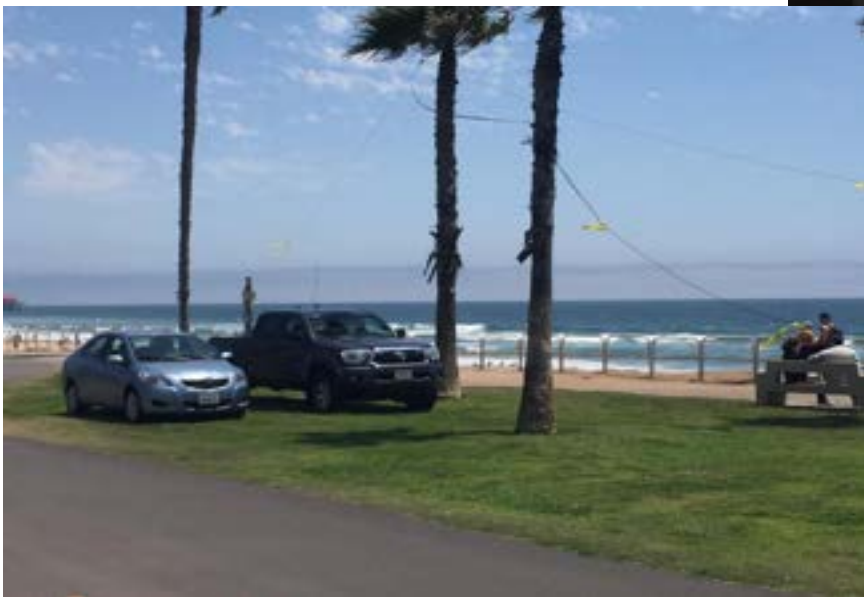
Richard Batistelli and I were the two CERT members there. When I arrived I was able to watch my favorite part of the Field Day, the set up of the 80 meter "homebrew" 200 foot long Dipole antenna" routed NW to SE; up 65ft. on the NW side and 50ft on the SE side. The cost to build the homemade antennae was about \$50. Steve Albert and Roy Hodac are the responsible parties for this antenna setup, managing to get the wires strung through the palm trees. Jon Welfringer and Gregg Turlis were in charge of the trailer equipment setup. Below are pictures of previous years' antennas and the trailer setup.

We were provided with donuts and coffee before 9:00am, breakfast burritos and then pizza for lunch. Delicious and plenty of food; the pizzas were so good!

RACES invited visitors and beach goers to interact with our team members and learn about CERT and RACES and our functions in the community. The event was open to the public from 11:00am to 5:00pm.

Later in the afternoon, when the busyness let up, we were able to enjoy the event and the day. It was so nice to be out and having fun!

**Pictures of antenna setups from previous Field Days**



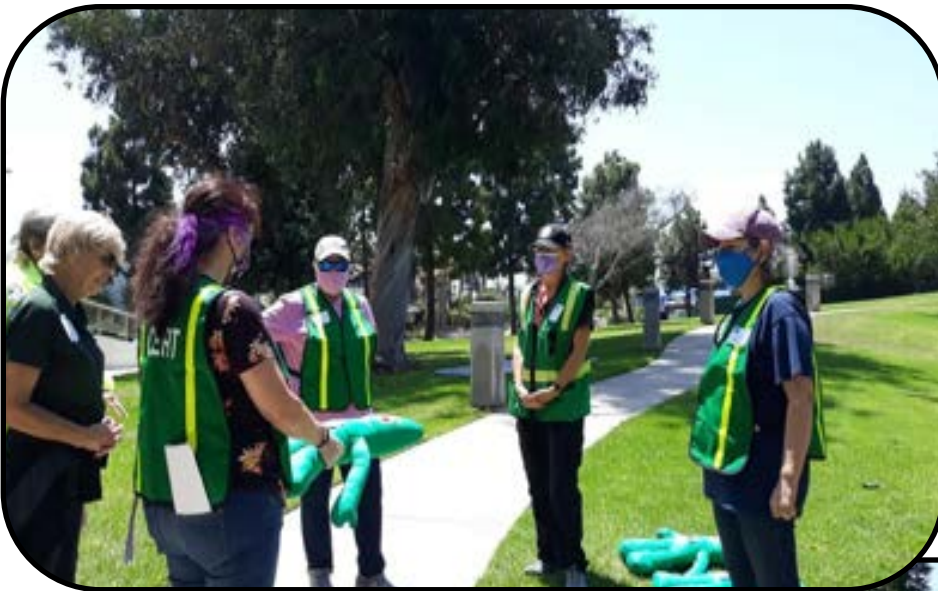












# CITY OF HUNTINGTON BEACH CERT

## *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

### CPR Classes

Save the Date—Thursday, September 9 at 6:30 pm  
Zoom Meeting

To be Determined

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, 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!)**