



CITY OF HUNTINGTON BEACH CERT NEWSLETTER

SINCE 1991

December 2021

HB CERT HIGHLIGHTS

CERT Class October 22-23 /21
Page 1

CERT on Stingray Duty
Page 1

Med Tent 1 at Air Show
Page 2

The Sandbag Season
Page 2

Great Shakeout Drill 10-21-21
Pages 2—3

CERT at HB Oil Spill
Page 4

CERT & RACES at HB
Marathon
Page 4

Susan McClaran's First Aid
Corner
Page 5

CERT Oil Spill Cleanup
Photos
Page 6

Photos CERT Class,
September 24, 2021
Pages 7—12

CERT Mission Statement,
Upcoming CERT Events
and Activities, CPR Classes,
Newsletter Staff
Page 13



CERT Class October 22-24, 2021

By Carol Burtis

For the first time in 19 months we held a full weekend CERT class!! It felt so good to be back together, teaching and helping our community get better prepared. Over the three-day class we had 25 CERT volunteers assist with instructing, logistics, registration and any other help we needed. Retired HB Fire Captain, Bob Culhane, returned to teach Fire Suppression and Battalion Chief, Jeff Lopez, returned to teach Disaster Psychology. They did a wonderful job!

Due to COVID19, we changed a few of our breakout sessions as well as our Sunday "drill your skills" so we could allow for some social distancing, but the new style seems to work so well, we will likely keep all of our classes this way. We had 36 students graduate from our fall class and several have already decided to join as CERT volunteers.

We will be working on our 2022 schedule in the next few weeks and hope to get that posted no later than the first of the year. I am looking forward to 2022 being a more "normal" year of training, meetings, events and activities!!

Huntington Beach CERT on "Stingray Duty" By John Bishop

On April 15, 2021, the Huntington Beach (HB) Fire Department Marine Safety Team offered HB CERT a training session on "CERT Stingray Deployment." It covered the basics of sting assessment, risks, treatment and recovery. Most amazingly, they taught us that they can forecast the mass stingray sting conditions 24 hours in advance to the hour. This enables Marine Safety to request, the day before the event, CERT volunteers to staff prepositioned stingray treatment locations on the beach.

It is hard to believe, but the four criteria of heavy stingray activity were not met until the weekend of November 14. Based on the current day's activity and meeting the four forecast criteria 1) warm air and water temperatures 2) low surf waves 3) low tide and 4) large crowds, HB Marine Safety requested

CERT assistance on Sunday from 10 am to 2 pm.

HB Marine Safety was very prepared for our arrival. They had prepositioned two official EZ-Up canopies, tables, chairs, stingray literature, Incident Fact Sheets and, most importantly, parking passes for CERT volunteers. Marine Safety Officer, Rodolfo Nieto, provided an overview and retrained us on the process. Lifeguard, Ella Jensen, was stationed with the team for support and radio coverage.

HB CERT volunteers Priscilla Atkinson, Cynthia Goebel, Manny Vizinho, Phil Burtis and John Bishop arrived for duty as requested – on-time and wearing CERT vest, badge and closed-toe shoes. The forecast was very accurate. There were already two adult sting victims being treated at the treatment location.

Generally, the overall process worked like this. Sting victims would make their way to the closest lifeguard tower. Officer Nieto would then be contacted by radio for transportation service to the recovery canopy. Sting treatment involves soaking the sting area (typically the foot or ankle) in very hot water (as hot as the victim could stand!) This reduces pain and draws the venom out of the wound. Victims are monitored closely for signs of shock or other reactions. Very hot water was continuously added to the treatment bag. Victims were informed of the risks from stings such as infection and allergic reactions.

The hot water treatment lasted until the pain was bearable and they felt able to leave. This was typically for 30 to 45 minutes. Adults seemed to endure pain far better than the "groms" (young teens in "surf talk"). Over the four-hour volunteer shift, fifteen to twenty people were treated. This could have been far more but the surf grew a little higher during the day.

Awards go to:

Victim 7 – Strong adult male – stung on both feet, walked to booth, treated for 15 minutes and walked away!

Victim 9 – Little kid from Texas - first time in ocean, in serious pain and frightened. He ended up walking away smiling.

Med Tent 1 at the 2021 Pacific Air Show

By Susan McClaran

This year's Air Show was like no other in many ways. First and foremost, it was one of the first "get togethers" the community has seen in a very long time. It was so rewarding to see so many faces and you could tell by the energy of the crowds that everyone was enjoying this much needed time together. Next of course, the Air Show itself, which as always and simply put... AWESOME!

Med Tent 1, which sits just off of Huntington Street, is typically a quiet tent during the Air Show. This year was no different, although we did have our handful of cuts and many, many blisters. Paramedics were called in once, for a child suffering what appeared to be a possible appendicitis episode and the parent was encouraged to seek further medical attention. We also had an individual suffering from heat exhaustion after spending most of the day sitting in the sun with no shade. After spending 20-30 minutes in the shade of our tent, sipping water and having ice cooling and fanning treatment, she was fine to leave and was escorted home by her husband. All in all, a quiet time, which is really how we want it, right?

As always, our First Aid and Races volunteers did an amazing job and we had a wonderful time together enjoying each other's company and the show. Thank you so much to all who participated!



The Sandbag Season

The first storm of the season was scheduled to arrive on Monday, Oct. 25, so we received a request for sandbags on Oct. 24 from a senior in Huntington Beach whose backyard slopes toward the back door of her home.

With the request for these sandbags coming the day of our last CERT Class, John Wysocki and Gabriela Menendez were kind enough to visit this senior's home with enough sandbags to prevent flooding into her home (as has happened in the past.) You can see their happy smiles as

they were filling the bags in this photo!!

In addition, they went on to help at the CERT class for the entire day!



Participants in the Great ShakeOut Drill October 21, 2021

John Wysocki

On October 21, 2021 our Rancho del Rey (RDR) Emergency Response Team (ERT) conducted a Great Shakeout drill simulating a 7.0 earthquake event where Huntington Beach first responders were not able to assist quickly. Twenty RDR ERT members responded.

At 10:21 AM, Command Leader, John, transmitted to ERT Area Leaders via a two-way radio, to respond to the Command Center located on the south lawn of the main clubhouse. Once the Command Center was set up with pop-up canopies, tables, chairs and a triage area, light search and rescue teams were formed.

Each team was provided with a written disaster scenario involving fictitious RDR homes. The teams were dispatched to assess "damage" throughout the park and report findings to Command Center via two-way radios. Scenarios included homes that fell from their foundations, natural gas leaks, small structure fires, injured and frightened residents, pets running loose, etc. First aid and survivor assistance was initiated where appropriate.

The Command Center experienced members, retired Peace Officer, Rick Talbot, and retired Fireman, Gordon Briggs, relayed instructions to the search and rescue teams. Team members stationed at the Command Center kept records of such items as radio transmissions, damage assessments, search team reports, resident safety, pets found, etc. This documentation can be vital for our First Responders when they are able to take over.

(continued on page 3)

Participants in the Great ShakeOut Drill October 21, 2021 (continued from page 2)

Afterwards a debriefing took place at the Command Center with all participants. The overall consensus was that we conducted a very successful first drill. Unanimously, It was decided to conduct another one in April 2022. Stand by, we may ask residents to participate!

Jeff Turlis (KE6BNS)

Jon Welfringer (WB6OZD) and I both checked into the Orange County ham radio net on 146.895. We reported on conditions in Huntington Beach.

Ada Hand

We had 24 homes participate in the Great ShakeOut. It was not as good as I hoped, but we've had a lot of new residents move in and I haven't paid welcome calls with CERT information for them all yet. I have to give them time to settle in!

Photos: Rancho Del Ray Emergency Response Team



The Huntington Beach Oil Spill Volunteers

By Raji Shunmugavel

On October 8th, 2021 six CERT volunteers were asked to support the oil spill cleanup efforts at the Bolsa Chica State Beach near Warner and Pacific Coast Highway. As I was available on Friday, I went to volunteer. The other CERT volunteers that day were Manny Vizinho, Judy Vizinho, Phil Burtis, Alicia Helm and Susan Atkinson.

When I arrived, Judy and Phil were at the registration table helping people sign in. After signing in, we had a briefing by the California Department of Fish and Wildlife contact, Cindy Murphy, who was the cleanup task leader. All of the duties were explained to those who would be cleaning up the beach. Each of those individuals had previously been trained and certified in HAZWOPER procedures for proper clean-up. They were given a coverall PPE suit and instructed how to wear it and safely remove it when done.

Although CERT was originally asked to provide registration, they asked if some of us could act as safety officers/team leaders. Some CERT volunteers remained in registration and I worked as a team leader. My role was to ensure the safety of the volunteers from a group called CORE, made up of young enthusiastic volunteers who used kitty litter scoops to pick up tar balls or other beach debris. There was a Marine Safety Officer in a vehicle escorting us.

Our team found two dead birds and was asked to leave them as another team would collect them. One person found injection medicine and promptly turned it in to the registration area.

After more than an hour we returned to registration and followed the proper protocol to remove the white coveralls. It reminded me of the decontamination procedure we have to go through during radiation leak drills. This one was not bad though.

After everyone was finished, there was a debriefing and many people commented that the bags used to hold what was found were too big and slippery. But most agreed it was a good experience and got satisfaction from helping the oil spill recovery in this small way. It was very well done.

CERT and RACES Ham Radio Communicators at the Surf City Marathon

By Raji Shunmugavel

The Surf City Marathon normally takes place in February but due to the COVID-19 pandemic, it was rescheduled to September 11, 2021. During the lockdown in 2020 and after the reopening of the City in June 2021, our RACES and CERT nets ("on-the-air" gathering of amateur radio operators) on Monday and Wednesday evenings were ongoing with regular participation. This really helped me to prepare for the marathon at Bolsa Chica State Beach.

During the net, and through emails, we were informed about the event. We had a meeting August 30th when

we were provided with the details. Our assignment was to report in at approximately 6 am and stay until between 1 and 1:30 pm on September 11. The leading Marathon runner passes by approximately 8:45 am, escorted by the Huntington Beach Police and the marathon organizers.

For more than a decade, my location has been Water Station 13 near Pacific Coast Highway and Warner Avenue where the Full Marathon turn-around happens at mile 21. My radio tactical call sign also was the same over the years.

There were many more people than usual. My volunteering as a Communicator went smoothly with roll calls every half hour. Bike rovers checked to inquire whether communicators needed a break, if any communication disturbances existed, and in general monitored the event.

When reaching out to Net Control, we were requested to speak in a clear, concise and brief manner. Our role was to report anything amiss to Net Control who would then inform the proper agencies which would send necessary help.

It has been my pleasure to volunteer at the Surf City Marathon each year.



From Susan McClaran's First Aid Corner

The Shocking News of Shock

If you ever had to be someone's "Body Guard", this would be the time. A person suffering from shock is having their body shut down and blood flow slow down. This causes oxygen and nutrients to not circulate correctly, causing the organs to not behave the way they should. A person suffering from this situation can go from bad to worse, rather quickly.

There are a number of ways a person can go into shock and you can assist by ensuring that any injuries that may be causing the shock, such as excessive bleeding or allergic reactions are attended to and that they are in a position of comfort and quiet. Helping someone regulate body temperature by placing blankets under and over as needed will help as well. **DO NOT** raise the person's head but rather have them lie down and **DO** keep them calm and quiet to assist with breathing and overall mental comfort. ****Remember, Shock is a killer and as many as 1 in 5 people can die from it.**

From the Mayo Clinic:

Shock is a critical condition brought on by the sudden drop in blood flow through the body. Shock may result from trauma, heatstroke, blood loss, an allergic reaction, severe infection, poisoning, severe burns or other causes. When a person is in shock, his or her organs aren't getting enough blood or oxygen. If untreated, this can lead to permanent organ damage or even death.

Signs and symptoms of shock vary depending on circumstances and may include:

- Cool, clammy skin
- Pale or ashen skin
- Bluish tinge to lips or fingernails (or gray in the case of dark complexions)
- Rapid pulse
- Rapid breathing
- Nausea or vomiting
- Enlarged pupils
- Weakness or fatigue
- Dizziness or fainting

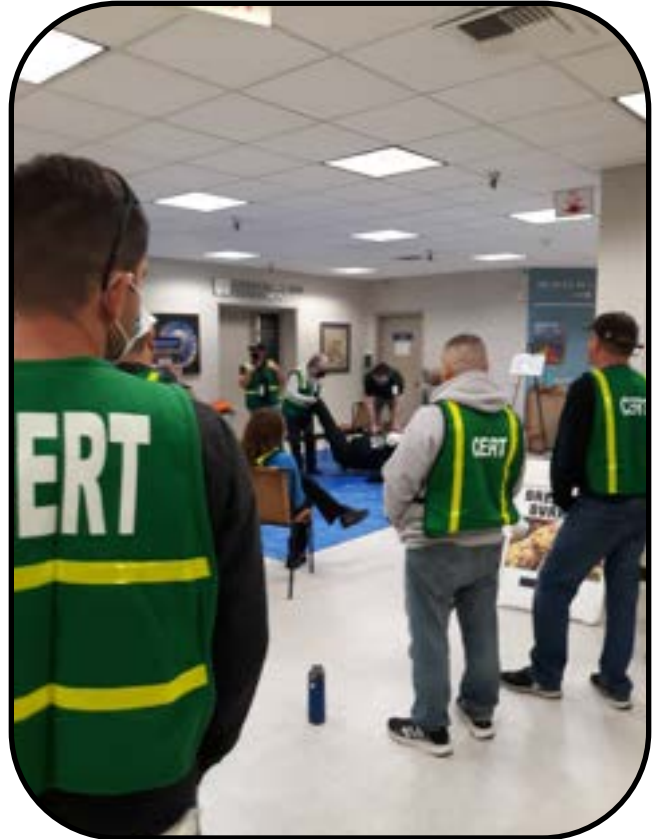
If you suspect a person is in shock, call 911 or your local emergency number. Then immediately take the following steps:

- Lay the person down and elevate the legs and feet slightly, unless you think this may cause pain or further injury.
- Keep the person still and don't move him or her unless necessary.
- Begin CPR if the person shows no signs of life, such as not breathing, coughing or moving.

- Loosen tight clothing and, if needed, cover the person with a blanket to prevent chilling.
- Don't let the person eat or drink anything.
- If you suspect that the person is having an allergic reaction, and you have access to an epinephrine autoinjector, use it according to its instructions.
- If the person is bleeding, hold pressure over the bleeding area, using a towel or sheet.
- If the person vomits or begins bleeding from the mouth, and no spinal injury is suspected, turn him or her onto a side to prevent choking.





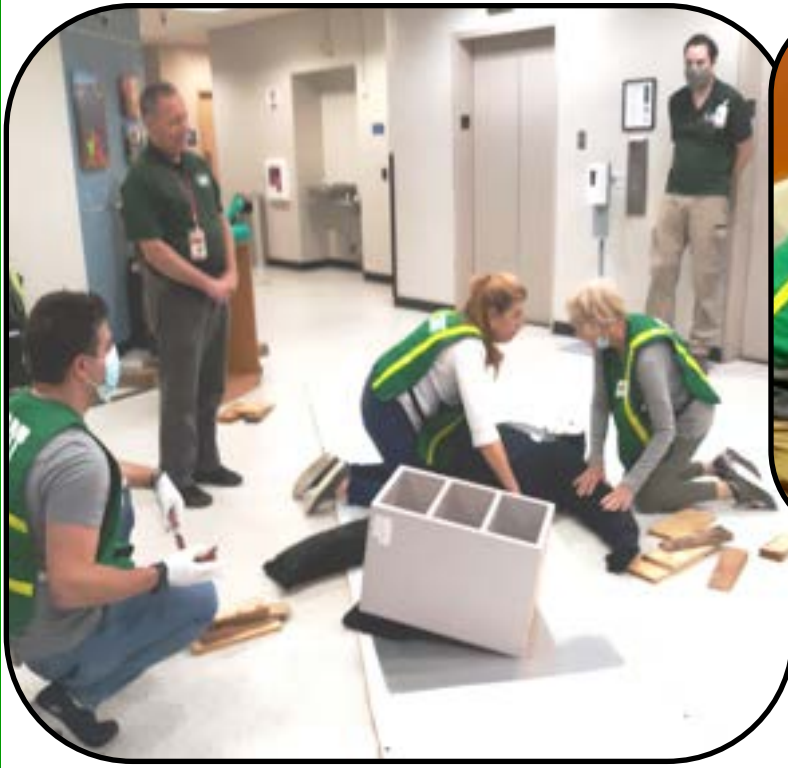




CERT Class September 24, 2021 (continued)







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

CPR Classes

To be Determined

CERT COVID –19 NEWSLETTER REMOTE STAFF: Virginia Petrelis (Editor), Peter Petrelis (Publisher), Cynthia Goebel

NORMAL CURCUMSTANCES ADDED STAFF: Richard Batistelli, Anna Pinter, 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!)