



CITY OF HUNTINGTON BEACH CERT NEWSLETTER

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Tropical Storm Hilary August 18-20, 2023 By Carol Burtis

As the storm approached, I watched daily weather webinar updates from the National Weather Service in San Diego. At one point, it seemed that Hilary would make a direct hit on Huntington Beach, but as the storm grew closer, it turned east. On August 17th, we had received a few phone calls from seniors requesting sandbags, so Phil Burtis, John Bishop and Chad Hicks-Beach made deliveries on August 18th to seven locations. However, starting the morning of August 18th, our CERT Hotline rang nonstop. Between that Friday and Saturday, we received 233 requests for sandbags!

On August 19th, I was at the City Yard to head up our CERT sandbag operations. We had 23 volunteers, both in the Emergency Operation Center still returning phone calls and at the City Yard with me. We had Fire Department Explorers and members of a local church to assist our CERT Volunteers with sandbag filling. Three City flatbed trucks were filled with 300 sandbags each; they went off to drop the sandbags at the homes and our CERT volunteers came along to place the bags. By the end of the day, over 100 deliveries were made and over 1800 sandbags were filled! This is a single day CERT Record!

I want to thank each of the volunteers that contributed their time to this effort. Steven Bell, John Bishop, Cynthia Brown, Phil Burtis, Dwayne Butz, Shelly Castellano, Gerald Chatmann III, Ashlee Dunn, Kim Flores, Buffy



Harris, J. R. Harris, Robert Harris, Chad Hicks-Beach, Bob Irvin, Mimi Irvin, Lisa Kennedy, Jacko Luong, Natalie Mackie, Richard Moore, Richard Powell, Henriette Rieffel, Marc Rieffel and Kelley Shannon. Without the help of each of these amazing CERT Volunteers, we could not have helped so many Huntington Beach residents be able to sleep better knowing their risk of flooding was greatly reduced.



More on Tropical Storm Hilary

By Phil Burtis

On Friday August 18th, I made a few sandbag deliveries. The media had managed to get a lot of people scared, so when I went to one of our elder regulars, she was scared that her roof would blow off and that she would lose her house. Now, at that time, the storm was expected to bring wind and rain, but no model showed any possibility of that sort of damage, so I let her know what the current best guess from the NWS was. It took a little time, but when I left both she and her neighbor were less worried, and she had sandbags in place around the back yard slider where most of the concern seems to have been.

On Saturday, I was the first person at the City Yard to start our setup at 7:30am. The yard was not slated to be open until 8:00am, but someone had opened the gate, someone else had followed that person, and a ¼ mile line was already backed up, from the sand box around the drive and down the west side of Gothard! The sand box was already fairly low at that point.

Once everyone arrived, we established the Command Post with Carol as the IC. Brevyn gave a quick safety briefing, followed by Carol's operational briefing, followed by a sandbag fill and place demo by me. At that point, we just started filling sandbags as fast as possible. We had both of the 6-bagger forms to use, which helped a lot.



RACES Field Day, June 23-25, 2023

By Raji Shunmugavel

ARRL Field Day is the single most popular on-the-air event and is held annually in the US and Canada. On the fourth weekend of June of each year, thousands of radio amateurs gather with their clubs, groups or simply with friends to operate from remote locations. Field Day is a picnic, a camp out, practice for emergencies, an informal contest and most of all, FUN!

Field Day is a time when many aspects of Amateur Radio come together to highlight our many roles. While some treat it as a contest, other groups use the opportunity to practice their emergency response capabilities. It is an excellent chance to demonstrate Amateur Radio to the organizations that Amateur Radio might serve in an emergency, as well as to the general public. For many clubs, ARRL Field Day is one of the highlights of their annual calendar.

I signed up to attend on Friday and Saturday nights. The Chief Radio Officer Jon mentioned at the meeting that this year it would be more social and he wanted me to make a dry run with my new Teepee tent which was bought from Wal Mart. I did open it from the box and checked everything but still needed help on Friday night. Marc was a big help as it got very windy and the temperature was down in the 60's. Martin also helped in setting up my tent. Richard Batistelli from CERT also set up his tent in his truck. Friday night, after setting up our tents and parking our cars properly, we had a pizza dinner. In the freezing cold windy evening at the beach our CERT "Other" Richard provided heat with his fire ring. We sat in our circles (almost ten people) and had a chat for a long time by the fire.



Saturday morning, we woke up and everyone was busy setting up the antennas and getting ready to start the contacts by 11:00am. This year Joe Tom KB6JOE from West Coast Amateur Radio Club member came to our Field site and took me to visit some other field events.

The goal was simply to contact as many other stations as possible and to learn to operate (and practice operating) our radio gear in abnormal situations and less than optimal conditions.

We use these skills when we help with events such as marathons and bike-a-thons, walk-athons, parades and exhibits at fairs, malls and museums - these are all large, planned, non-emergency activities.

Amateur Radio operators (also called "hams") have been called into action again and again to provide communications in crises when it really matters. Hams are well known for communications support in real disasters and post-disaster situations.



Emergency First Aid Treatment For Burns

By Susan McClaran

In the wake of the Maui disaster, how can I not have burns on my mind? Allow me to take a moment to give a refresher on treatment for such injuries. We all have heard of, 1st degree (Superficial), 2nd degree (Partial Thickness) and 3rd degree (Full Thickness) burn classifications, but do you really NEED to know that? What we really need to know is that burns are painful and need to be treated ASAP, regardless of how bad they may be. Below is an excerpt from our friends at WebMD with my notes included (**):

1. Stop Burning Immediately

- Put out fire or stop the person's contact with hot liquid, steam, or other material.
- Help the person "stop, drop, and roll" to smother flames.
- Remove smoldering material from the person.
- Remove hot or burned clothing. If clothing sticks to skin, cut or tear around it.
- Remove constrictive clothing, jewelry, belts, and tight clothing. Burns can swell quickly.

**Do not remove clothing that is sticking to skin

**REMEMBER THAT SWELLING OCCURS QUICKLY, SO REMOVE THAT JEWELRY

2. Cool Burn

- Hold burned skin under cool (not cold) running water or immerse in cool water until the pain subsides.
- Use compresses if running water isn't available.



**Do not apply ice as it can cause further damage. Do not break blisters

3. Protect Burn

Cover with sterile, non-adhesive bandage or clean cloth.

**Wrap fingers/toes individually if burned to prevent them sticking together

4. Treat Pain

Give over-the-counter pain reliever such as acetaminophen (Panadol, Tylenol), ibuprofen (Advil, Motrin, Nuprin), or naproxen (Aleve, Naprosyn).

**Remember that as a CERT volunteer, you cannot provide medications, however if you are assisting family and/or in someone's home, you may be able to assist them with their own meds.

Seek medical help if:

- You see signs of infection, like increased pain, redness, swelling, fever, or oozing.
- The person needs tetanus or booster shot, depending on date of last injection. Tetanus boosters should be given every 10 years.
- The burn blister is larger than two inches.
- Redness and pain last more than a few hours.
- The pain gets worse.
- The hands, feet, face, or genitals are burned.

**Also seek help if the patient is an infant or a senior

**If no medical help is available: prevent shock (as follows)

5. Prevent Shock

Unless the person has a head, neck, or leg injury, or it would cause discomfort:

Lay the person flat.

Elevate feet about 12 inches.

Huntington Beach Parade: July 4th, 2023

By Carol Burtis

Once again, CERT set up their First Aid booth at the end of the parade route at Main and Clay. We only had to respond to a few minor injuries, but gave out several cases of bottled water to the participants; they are always so hot and tired by the time they get to the end of the parade. This year we had Cynthia Brown, Mimi Irvin, Susan McClaran, Bernie Milbury, Henriette Rieffel and Linda Vollmar volunteering. It was a great day to be outside watching the end of the parade, helping the participants and spending time together!



U.S. Open of Surfing, July 29—August 6, 2023

By Susan McClaran

During the last 13 years that I have been part of this event, this year's Open was different from any I have participated in. First let me say, "Thank You" to all of the volunteers who signed up but that may not have had a chance to be a part of this year's event. "Thank You, Thank You" and I am so sorry if you were taken off the list for the weekend shifts. Please know that you are so appreciated for your interest in volunteering, and that we encourage your continued interest in all of the first aid opportunities that we support.

For those that may not know, this year, the U.S. Open Coordinators had Hoag Hospital as one of their major sponsors. This being the case, Hoag wanted to have their presence known, by having some of their ER Nurses on site over the weekend shifts. I was honored to be asked to continue my role in the first aid tent and was on site over the course of the event. During the time the nurses were in the tent, I spent most of my time focused on doing Hands Only CPR training for the public, which gave the nurses the chance to try their hand at first aid in a beach environment, which is far different from the sterile environment that they are used to.



All the nurses were wonderful and it was a privilege working side by side with them. They allowed me to offer my input to the typical beach type injuries that we faced and were open to my suggestions. They were also very grateful that we had our supplies on hand, in addition to the supplies that they had brought, and we shared between us. They were also excited to see we were very involved in training the public in Hands Only CPR.

During the week, life became more normal and comfortable for me, as my CERT family volunteers showed up and we enjoyed each other's company as we have done so in the past. Thank you to all the volunteers that hung out with me, Monday-Thursday that week!! It was lovely to see you and spend time with you all.

Overall, the event was much quieter than normal, as Vans was not in charge and there were not quite as many activities as we have seen in the past. We did



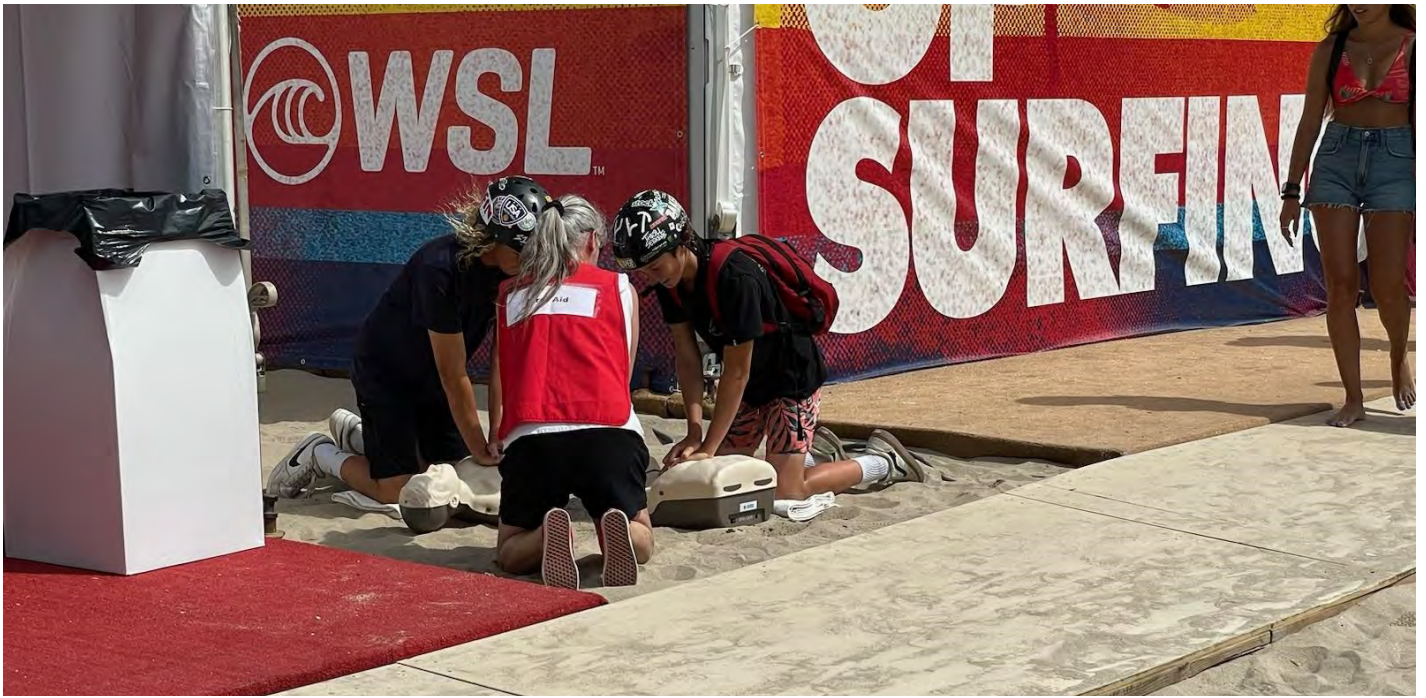
need to have paramedics called twice, both for allergic reactions, and we assisted 92 folks with minor injuries.

We were able to train 199 HB citizens in Hands Only CPR, which was great. I wish we could have done more, but this year's humidity was over the top, and we had to make sure we did not become part of the problem by overdoing it!! Still, overall, I think we did a great job!

Thank you, again, to ALL of the volunteers that signed up for this event, and to Carol, Phil and Brevyn for all that they did and for all of their support. Also, a big thanks to our Fire Department. for the continued support that they provide to us at all of these events.

Love you all!!





Red Cross Exercise, June 3, 2023

By Raji Shunmugavel

I received an email invitation to attend a Red Cross Exercise to be held in the Columbus Tustin Recreation Center. According to the invitation, "Exercises are an important way for Red Cross Workers to maintain their readiness to respond to any type of disaster. Your willingness to help us exercise our procedures to respond is extremely valuable. It also helps the community understand how the Red Cross will respond during a disaster." The flyer stated "To make the exercise as realistic as possible we are recruiting people to act as shelter clients, representing the variety of needs of residents and families affected by disaster."

As I was available on that day, I attended the event. The location was outdoors and the staff greeted us and introduced us to the CERT Teams from Costa Mesa and Irvine. Some of these people I had met in previous events with Newport Beach & Costa Mesa CERT events. Several members from the Winlink class were also there.

The scenario that was given us was: On Tuesday May 30 at 9:47AM, a 6.8 earthquake centered 1 mile East of Cabazon occurred. The quake lasted for 90 seconds. The most intense shaking was felt in San Bernardino, Riverside, Imperial, and Orange Counties. Over the next couple of days, aftershocks continued throughout the area and shelters were opened in each county, including San Diego as some Riverside residents had to evacuate to the south.

The shelter location had controllers who managed the exercise and handed out additional information that included an issue that we had to address as a shelter

client. As Safety is everyone's concern, we had a responsibility to report any unsafe conditions that existed by prefacing our concern by saying "Real World" to enable staff to know this is not part of the exercise.

Several of our CERT class participants from this past spring attended. They had asked me to act as if I had a mental health issue. I acted accordingly, and the Red Cross volunteers came up with a solution for me. It was a good plan. Our own Richard Batistelli was there volunteering as a driver for the Red Cross vans. At the end, all the participants helped out, cleaning and restoring the two parking spaces to their normal use.



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

- Sept. 15-17 Fall CERT Class (**Help still needed!**)
- Sept. 29-Oct. 1 Pacific Air Show (**Help still needed!**)
- Oct. 14 Fire Department Open House (**Help still needed!**)

Register on CERT Portal, or e-mail Carol

CPR Classes

- October 28, 2023 ARC 1st Aid Class, 8am-2pm, City Hall B7-B8

Register on CERT Portal, or e-mail Carol

CERT NEWSLETTER STAFF:

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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!)