



# CITY OF HUNTINGTON BEACH CERT NEWSLETTER

SINCE 1991

November 2023

## Pacific Airshow September 29-October 1, 2023

By Raji Shunmugavel

The Pacific Airshow is an annual event held in Huntington Beach, California. Spanning three days, the Airshow features the best in military and civilian flight demonstrations from international teams, including past performances by the U.S. Navy Blue Angels, U.S. Air Force Thunderbirds, Royal Air Force Red Arrows, and Canadian Forces Snowbirds. The first Pacific Airshow (first called the Breitling Huntington Beach Airshow, then subsequently the Great Pacific Airshow) took place in 2016, attracting hundreds of thousands to Huntington Beach for a display of aviation skill and military might soaring over the beach in Southern California.

In only five years, the Pacific Airshow has twice been named Civilian Airshow of the Year by the U.S. Air Force Thunderbirds and in 2019 was ranked in the top five air shows by USA Today's 10 Best. It was also recognized as the Civilian Air Show Site of the Year by the U.S. Air Force Thunderbirds in 2022. The event has become a popular fall event for residents and visitors from as far away as Europe and Asia, while bringing a boost of more than \$105 million to the City of Huntington Beach.

One of the highlights of the show this year was the debut of the F-22 Raptor Demonstration team along with the F-35.

CERT members carried supplies between the First Aid booth and the Volunteer Command Trailer. The First Aid booth was also the location for lost and



found items this year. Some CERT radio operators also participated in HB-RACES communications support of the airshow. Radio operators were asked to watch for kites or drones flying in the area (which could pose a safety hazard to the aircraft), and for anyone that needed assistance, and to report these to the RACES Command Post.



### HB CERT HIGHLIGHTS

Pacific Airshow  
Pages 1-4

CERT Training  
Pages 5-7

Fire Department Open House  
Pages 8-9

CERT Meeting  
Page 10

Rancho Del Rey Drill  
Page 10

Surf City Nights/Fire  
Appreciation Night  
Page 11

First Aid for the Holidays  
Page 12



CLASS 1

## More on the Pacific Airshow

By Susan McClaran

This year's airshow proved to be another great event, filled with a wide variety of jaw-dropping and awe-inspiring performances. We started each day with a celebration of the national anthems for Australia, Canada and of course, the USA. The community gathered around and cheered on the performers. As always, I was especially "cheerful" when the F-35A hit the skies screaming by and thundering past us. My personal favorite!

First Aid Tents 1 and 2 were quiet this year and only had a handful of injuries—which is how we like it! There were a couple of incidents around the event that called for paramedics to be called in, but overall, in our First Aid tents, we managed only small injuries.

Our biggest and most concerning event was on Saturday, when we were alerted of a missing mentally challenged child. As it was brought to our attention, we worked with the family informant and with the RACES team to get the message and a photo of the child out to the entire field. The Police department came to gather more information and everyone was on the lookout. Hours later the child was found, miles away but safe. It was a team effort and kudos to everyone involved.

Thank you to all the volunteers and partnerships that participated this year. We appreciate all the CERT and RACES friends that helped out.

It was fun as usual!











## CERT Training, September 15-17, 2023

*By John Wysocki*

At this year's CERT training, door duty was a new and different experience, teaching me to appreciate security's vigilance in keeping us safe. I loved that the Fire Department employees showed us building sprinklers and how to use a fire extinguisher, to help visual learning students absorb the material. I am hoping that the Fire Department Explorers will be able to teach leveraging and cribbing for the next class, because they were wonderful actors and mentors, coaching CERT students with applying CPR and First Aid skills to possible scenarios.

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## CERT Training, Part II

*By Kim Flores*

This year, we had another fun and successful CERT training class. The community of Rancho del Rey was well represented, with one team member who attended and two who worked as trainers. We are so thankful for the HB CERT program and for all the hard work of Carol and Phil Burtis that was required to make this program successful.

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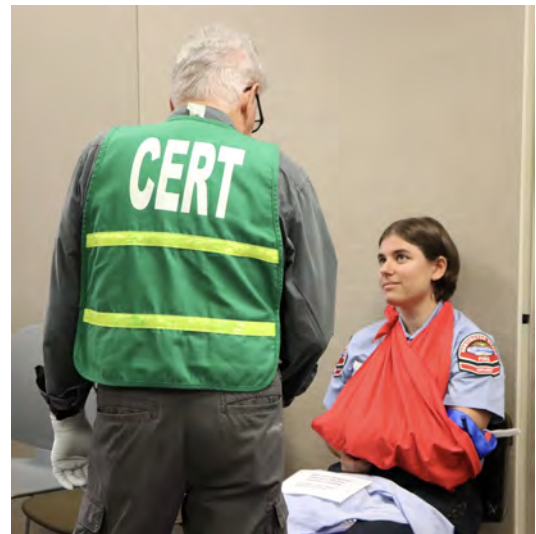
### **CERT Training, Part III**

*By Raji Shunmugavel*

This past September, I volunteered at the Huntington Beach CERT training class. Volunteering allowed me the opportunity to participate as a trainer's assistant for tourniquet application and for drag and lift techniques used for extraction of a survivor. During the course of this three-day certification process there were many hands-on sessions that gave participants, as well as volunteers, the opportunity to solidify their understanding of techniques taught in classroom settings.

I highly recommend volunteering at the next CERT training event if you need to refresh your CERT skillset. It will not only be personally beneficial to you and others but invaluable to your community at large.

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### **CERT Training, Part IV**

*By Julyne Herrera*

Sharing the knowledge I have gained with new CERT trainees was extremely rewarding and fun. The interaction with other fellow CERT trainers is always a learning refresher and certainly helps to keep one's knowledge up to date.

I thoroughly enjoy being a member of CERT and participating in as many events as I can, as that helps to show support for the community. I look forward to helping train new CERT members at upcoming classes, sharing experiences and continuing to learn and hone my skills.

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## CERT Training, Part V

By Robert Harris

Though normally I sign up to volunteer as color team HAM radio support, this time I noticed some changes. I went to the upper level to assist with Fire Extinguisher training. While there, I received training in filling the water in the tanks, releasing the air pressure and refilling the air pressure. I learned to weigh the water, put the hose in correctly, fill up to 20 pounds, and then lift and place each extinguisher on the line for the participants to practice extinguishing fires. It was a day with much enthusiasm for all that participated!





## Fire Department Open House, October 14, 2023

By Raji Shunmugavel

On Saturday, October 14, 2023, the Fire Department held an Open House at the Gothard Central Net Training Center at 18301 Gothard St. CERT participated by setting up an information booth. We taught people how to turn off the natural gas supplies to their homes and we handed out chip clips, mini flashlights and green mini first aids kits!

We prepared for the event by setting up the booths and all the demonstration areas. We were very happy that Seabreeze Church allowed us to use their parking lot for the event, supplementing nearby street parking.

The Fire Department demonstrated how they put out a house fire and how they extricate someone from an auto accident. With a large crowd for both demos, Division Chief Jeff Lopez explained to everyone what was taking place.

CERT members staffed our booth, and two members assisted with training visitors how to use our electronic fire extinguisher. This is always a big hit especially, with children, as the display screen shows how long it takes them to put out the "fire!"

We had several volunteers help keep people safe while viewing the five fire engines and trucks on display. It is always a challenge to keep kids from climbing on the fire apparatus, but it was done for everyone's safety.

Hot dogs, chips, soda and water were served for lunch by the firefighters and visitors were provided with ample amounts.

Community Risk Reduction built two mini-biddle courses for the children this year. A biddle is the Fire Agility Test that is designed to evaluate the physical ability of an individual when it comes to performing the functions or tasks of a firefighter. There were activities like pulling a weight with ropes, using a fire hose and cribbing and leveraging. The mini-biddle was especially designed with young children in mind!





## Fire Department Open House (cont'd)

The character Sparky the Fire Dog, and Kingman our fire peer support dog, were there to greet everyone and for photo opportunities.

Marine Safety brought their rescue boat to display and young visitors had fun climbing into and exploring it along with their parents. In one booth, Baby Yoda dolls were given out by Memorial Care, along with hats and other goodies

An open house is only successful if you have people to attend. This year we had over 2,200 attendees, making it one of the most well-attended Open Houses ever!

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## CERT Meeting, October 12, 2023

By Raji Shunmugavel and Carol Burtis

At our October CERT meeting, we welcomed guest speakers Daisy Covarrubias, OC San's Principal Public Affairs Specialist, and John Frattali, OC San's Safety & Health Manager. They spoke about what the Orange County Sanitation District does, how it processes human waste, and all about the Groundwater Replenishment system. Here are some tips that they provided.

### The Do's and Don'ts of Flushing

#### Know what should go down the drain that is sewer safe.

It is simple: the toilet is only meant to flush the **three Ps—pee, poop and paper**. Human waste and toilet paper should be the only things going down the toilet. Unfortunately, over the years, people have turned the toilet into a trashcan. From wipes, medications and sanitary products to deceased pet fish and cigarette butts, if it fits, people flush it. Flushing these types of items down the toilet causes home pipes to clog, wastes water (up to 5 gallons of water every time you flush) and most importantly can have a huge impact on our sewers, and even our ocean.

#### Other than the 3 Ps, the only things that should be going down the drain are soap and water.

Letting trash go down any drain in the house may cause pipes to clog and can eventually lead to sewage spills that harm the environment.

#### Some of the most common items that come down the drain that belong in the trash:

- **Dental floss and condoms** both cause more problems than you would imagine.
- **Hair** always seems to make it past the plug.
- **Kitty Litter** (especially clay) will clog your pipes, even litter that claims to be "flushable."

- **Prescription drugs and over the counter medications** contain chemicals that should not enter the wastewater supply.

- **Sanitary products, paper towels, diapers, baby wipes and facial tissues** are made of materials that don't break down and can create "rag" clogs in the pipes.

Here is a website where you can look up the "two bucket" plan for personal use when the sewer system is not working, like after a major earthquake. <https://www.phlush.org/set-up-and-use-your-emergency-toilet/>

## Rancho Del Rey Drill, October 21, 2023

By Phil Burtis

I was honored to be asked to observe a small-scale disaster drill at Rancho Del Rey on Saturday, October 21st. At the start of the drill, the team assembled and initiated a command post. Tables, chairs, and pop-ups were all collected and set up. A medical assessment area was also set up, as were a couple of hands-on areas. Then they held a briefing and did a simulated dispatch of search and rescue teams. Scripted situations were relayed via radio and recorded by scribes in the command post area.

After that was complete, a simulated leveraging and cribbing task was performed to extract a survivor, and once the survivor was extracted, it was stretched to the medical area for assessment. A hands-only CPR demonstration was then performed.

It was an excellent simulation covering many of the skills that are taught in the CERT basic class. Their team is well organized and performed terrifically.

Have you considered such a drill with your team / neighbors? Would you want to try? Let Carol know how we can help your group be as successful as Rancho Del Rey.







**Surf City Nights/Fire Appreciation Night, October 10, 2023**  
*By Carol and Phil Burtis*

During the warmer months, one night a month, CERT and the Huntington Beach Fire Outreach Foundation (HBFOF) participate with booths at the weekly Surf City Nights. October 10 was Fire Appreciation Night, which meant everything fire related was there! CERT, HBFOF, Community Risk Reduction, fire apparatus, Marine Safety, Fire Department Explorers and Kingman, our Fire peer support dog, were all in attendance!

The HB CERT Booth once again had all kinds of information to hand out, and we gave instruction on how to use a fire extinguisher. We had the electronic fire extinguishers there and trained dozens of families of how to extinguish small fires. Ken and Karen Robinson, along with Linda Rowson, were the CERT volunteers assisting. They helped with the fire extinguisher demonstrations but then the Explorers came by and asked if they could help. So, we let them work with kids

on the extinguishers and it was fantastic watching how they interacted with everyone.

HBFOF handed out information about the Foundation and worked to get more exposure for the fund to benefit Elizabeth Lovat, an HB Lifeguard who was injured while on the job this past July. This money is to assist with her continued recovery needs.

The Fire department had several stations, including a mini-mini Biddle test area for kids, hands-only CPR training, and demonstrations of various fire and marine safety equipment.

We had the opportunity to meet many dogs, children and adults from our community and spread the word of emergency preparedness. It was a really great opportunity to interact with the community.





## First Aid for the Holidays

By Susan McClaran

Happy Holidays to all! This is a great time of the year to think about giving a first aid kit to someone - or if asked what you want, you can think about items you may need for your own kit. I know.....how exciting.... right??!! With that being said, below is a nice list from our friends at the Mayo Clinic. Please keep in mind that some items may not be suitable for CERT purposes but may be used for yourself and your family.

Besides the items listed below, do not forget that our fellow CERT member, Ben Hansen, has put together some amazing Stop the Bleed Kits that you may want to consider! Please ask Carol for details if you are interested.

### First-aid kits: Stock supplies that can save lives

A well-stocked first-aid kit can help you respond effectively to common injuries and emergencies. Keep at least one first aid kit in your home and one in your car. Store your kits someplace easy to get to and out of the reach of young children. Make sure children old enough to understand the purpose of the kits know where the kits are stored.

You can buy first aid kits at many drugstores or you can assemble your own. You may want to tailor your kit based on your activities and needs. A first-aid kit might include:

### Basic supplies

Adhesive tape

- Elastic wrap bandages
- Bandage strips and "butterfly" bandages in assorted sizes
- Super glue
- Rubber tourniquet or 16 French catheter
- Nonstick sterile bandages and roller gauze in assorted sizes
- Eye shield or pad
- Large triangular bandage (may be used as a sling)
- Aluminum finger splint
- Instant cold packs
- Cotton balls and cotton-tipped swabs
- Disposable nonlatex examination gloves, several pairs
- Duct tape
- Petroleum jelly or other lubricant
- Plastic bags, assorted sizes
- Safety pins in assorted sizes
- Scissors and tweezers
- Hand sanitizer
- Antibiotic ointment
- Antiseptic solution and towelettes
- Eyewash solution
- Thermometer
- Turkey baster or other bulb suction device for flushing wounds
- Sterile saline for irrigation, flushing
- Breathing barrier (surgical mask)
- Syringe, medicine cup or spoon

- First-aid manual
- Hydrogen peroxide to disinfect

### Medications

- Aloe Vera gel
- Calamine lotion
- Anti-diarrhea medication
- Laxative
- Antacids
- Antihistamine, such as diphenhydramine
- Hydrocortisone cream
- Cough and cold medications
- Personal medications that do not need refrigeration
- Auto-injector of epinephrine, if prescribed by your doctor
- Pain relievers, such as acetaminophen (Tylenol, others), ibuprofen (Advil, Motrin IB, others)

Consider keeping aspirin in your first-aid kit as well. Aspirin may be life-saving in an adult with chest pain. If you or someone else has new or unexplained chest pain or may be having a heart attack, call for emergency medical help immediately. Then chew a regular-strength aspirin. However, do not take aspirin if you are allergic to aspirin, have bleeding problems, take another blood-thinning medication, or if your doctor previously told you not to do so.

Never give aspirin to children.

### Emergency items

- Emergency phone numbers, including contact information for your family doctor and pediatrician, local emergency services, emergency road service providers, and the poison help line, which in the United States is 800-222-1222.
- Medical consent forms for each family member
- Medical history forms for each family member
- Small, waterproof flashlight or headlamp and extra batteries
- Waterproof matches
- Small notepad and waterproof writing instrument
- Emergency space blanket
- Cell phone with solar charger
- Sunscreen
- Insect repellent

### Give your kit a checkup

Check your first-aid kits regularly to be sure the flashlight batteries work and replace supplies that have expired or been used up.

Consider taking a first-aid course through the American Red Cross. Contact your local chapter for information on classes.

Prepare children for medical emergencies in age-appropriate ways. The American Red Cross offers a number of helpful resources, including classes designed to help children understand and use first-aid techniques.

# 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

- November 9th, 6:30pm-8:00pm Monthly CERT Meeting, featuring guest speaker **Alex Tardy from the National Weather Service**
- November 11th, 8:00am-2:00pm CERT CMAP Class at City Hall
- December 14th, 6:30pm-8:00pm CERT Holiday Party

Register on the CERT Portal, or e-mail Carol

### CPR Classes

- January 20th, 2024, 8:00am-2:00pm, Red Cross First Aid/CPR/AED at City Hall

Register on the CERT Portal, or e-mail Carol

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## **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!)**