



# GET READY, SANTA BARBARA!

## Home & Family Awareness

### Enablers for Holistic Disaster Recovery—Pt. 6

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Upcoming Issue in MONTH 2015



August is a time when parents and children across the country are preparing to go back to school. In August we will give you tips on overall school safety. Even if you don't have children in school, you can share these tips with family and friends.

#### 2015 Topics

July  
Water Safety

August  
Back to School

September  
Business Continuity

October  
Workplace Violence

November  
Sustainability

December  
2016?

Disaster recovery has evolved from meaning helping communities replace what they had to helping communities prepare and protect themselves from preventable, repeated losses. Through leadership and incentives, community safety and improvement have become standard post-disaster priorities. The Disaster Relief and Emergency Assistance Act, the National Flood Insurance Act of 1968, as amended, and the Disaster Mitigation Act of 2000, along with initiatives, such as FEMA’s Project Impact and the Institute for Business & Home Safety’s Disaster Resistant Communities, have also helped to make these improvements pre-disaster priorities.



A few enablers for holistic disaster recovery and how they might be used are summarized below.

**Stakeholder Perception**—Be aware of every person, business, agency and organization that may be affected by a potential decision and include them in the decision-making process.

**Political Will**—This includes the willingness to analyze the issues, evaluate the alternative, and protect the long-term public interest. It is the willingness to make the tough decisions to maintain the overall focus and to get the job done.

**Authority**—The ability to use appropriate tools to support the needs of the community. Making development changes in a community can be difficult and controversial for those with the authority to implement change.

**Prioritization**—In holistic disaster recovery, establishing priorities allows communities to double up on other goals; such as affordable housing, access to recreation, or improved transportation corridors.

**Vision**—It has been said, “you can’t get somewhere if you don’t know where you’re going!” Creating a vision of what kind of place a community wants to be in the future provides direction otherwise lacking in disaster recovery.

**Community Endorsement**—Community support and buy-in builds public expectations and confidence.

**Leadership/Local Champion**—The presence of a leader or local champion plays a fundamental role in building community support. A local Champion is the person who devotes time and energy to building a coalition of interests and advocating holistic recovery to the community.

Except from [Holistic Disaster Recovery](#)  
Produced by Natural Hazards Center Revised 2005

## WATER SAFETY TIPS

Swimming is the most popular summer activity. The best thing you can do to help your family stay safe is to enroll in age-appropriate swim lessons. Follow these safety tips whenever you are in, on or around water.

### Make Water Safety Your Priority

- Swim in designated areas supervised by lifeguards.
- Always swim with a buddy; do not allow anyone to swim alone. Even at a public pool or a lifeguarded beach, use the buddy system!
- Ensure that everyone in the family learns to swim well. Enroll in age-appropriate water orientation and Learn-to-Swim courses.
- Never leave a young child unattended near water and do not trust a child's life to another child; teach children to always ask permission to go near water.
- Have young children or inexperienced swimmers wear U.S. Coast Guard-approved life jackets around water, but do not rely on life jackets alone.
- Establish rules for your family and enforce them without fail. For example, set limits based on each person's ability. Do not let anyone play around drains and suction fittings, and do not allow swimmers to hyperventilate before swimming under water or have breath-holding contests.
- Even if you do not plan on swimming, be cautious around natural bodies of water including ocean shoreline, rivers and lakes. Cold temperatures, currents and underwater hazards can make a fall into these bodies of water dangerous.
- If you go boating, wear a life jacket! Most boating fatalities occur from drowning.
- Avoid alcohol use. Alcohol impairs judgment, balance and coordination, affects swimming and diving skills, and reduces the body's ability to stay warm.

### Prevent Unsupervised Access to the Water

- Install and use barriers around your home pool or hot tub. Safety



*Drowning is the leading cause of injury-related death among children between 1 and 4 years old. And it's the third leading cause of injury-related death among children 19 and under.*

[Safe Kids Worldwide](#)



covers and pool alarms should be added as additional layers of protection.

- Ensure that pool barriers enclose the entire pool area, are at least 4-feet high with gates that are self-closing, self-latching and open outward, and away from the pool. The latch should be high enough to be out of a small child's reach.
- If you have an above-ground or inflatable pool, remove access ladders and secure the safety cover whenever the pool is not in use.
- Remove any structures that provide access to the pool, such as outdoor furniture, climbable trees, decorative walls and playground equipment.
- Keep toys that are not in use away from the pool and out of sight. Toys can attract young children to the pool.

### Maintain Constant Supervision

- Actively supervise kids whenever around the water—even if lifeguards are present. Do not just drop your kids off at the public pool or leave them at the beach—designate a responsible adult to supervise.
- Always stay within arm's reach of young children and avoid distractions when supervising children around water.

### Know What to Do in an Emergency

- If a child is missing, check the water first. Seconds count in preventing death or disability.
- Know how and when to call 9-1-1 or the local emergency number.
- If you own a home pool or hot tub, have appropriate equipment, such as reaching or throwing equipment, a cell phone, life jackets and a first aid kit.
- Enroll in home pool safety, water safety, first aid and CPR/AED courses to learn how to prevent and respond to emergencies

Excerpt taken from the [American Red Cross](#) Water Safety Tips

## Stella's Corner – BBBRENDAAAH!

Oh to be Brenda! The shout came across a crowded room, "ORGANIZATION, PEOPLE!" Sometimes your name is PEOPLE, and if Brenda from Costa Mesa climbs onto a chair in a crowded room, your name is People. Her name is Brenda Emrick. Somehow disaster takes a different road when Brenda stands on a chair at a training session and executes direction. It is zippy. It is now. It is good to be BRENDA. Clad in a blue uniform with a badge from Costa Mesa Fire Department, Brenda took charge and shaped us up during the Volunteer Reception Center training. We were at attention, organized, and formed a response to a disaster shaped like a slimy, malvolent amoeba in our own backyard; the Refugio Oil Spill Incident.

Disaster? We think Terrorism, Fire, Earthquake, Tsunami, and somewhere down that chow line, Environmental.

What we learn in CERT (Community Emergency Response Teams) includes disaster response and somewhere in preparation, is the concept of Takeaway. What do we learn from each drill, false alarm and/or real event? The answer begins with the word "priceless," We already know that preparation and practice cannot make perfect, but we can hone skills and refine what we can do.

We were also involved in Hazardous Communication (HazCom) training as registrars and students. As the classes for *Hazcom* began, Brenda was there. She hopped on chairs to give direction for filling out forms. She bellowed. She directed, and she exhorted. She thanked, she did not patronize for an instant, but truly gave of her training to our full house of motley prepped people coming to volunteer. We registered, we listened to a lot of lecture on things ending in -ene, such as benzene, and watched as a volunteer named Molly took the stage to be clad in the appropriate gear for getting oiled. We learned about San Ardo Crude, as opposed to Bakkan Crude, rings and chains of organic compounds,

how to report impacted wildlife, vapors and fumes, and why what we take for granted sometimes in Santa Barbara can be a hazard. At the end of the four hour educational experience, we each received a certificate proclaiming us prepared to volunteer for this event, and this event only.

Brenda was there. The actual Beach Tour was ten days long, and was the auspices of the Fish and Wildlife people from the State of California, volunteers coordinated through the office of Su-Vaa Tai, Director of California Volunteers. Su-Vaa was there, as were many from the Fish and Wildlife Division, and Brenda. Whenever we set a pop-up cover, there she was, unloading from the trunk of her vehicle everything we never thought we'd need: clipboards, pens, markers, lists, tapes of multiple types. She anticipated everything, and we wanted for nothing. Volunteer registration operated smoothly, Tyvek suits were given to every trained participant, as were foot coverings, gloves, and any other equipment necessary for collecting oil from our beaches.

Brenda was there, in her uniform, with what we needed when we needed it. The takeaway from this: we need to be Brenda, organized, understanding a command system, and ready to operate in disaster. Brenda is the Public Education Officer from Costa Mesa, but she could be any of us in disaster, understanding the chain of command, how to respond in an organized manner, and how to be safe.

Thank you Brenda Emrick, Su-Vaa Tai, and all those, including Yolanda McGlinchey, James Caesar and Liliana Encinas, for helping us make ourselves safer and ready, whether the disaster is intentional, environmental, or natural.



Stella Larson,  
Mesa Resident

If you would like to contribute to this column, please contact Yoli McGlinchey at [ymcglinchey@santabarbaraca.gov](mailto:ymcglinchey@santabarbaraca.gov)

## Disasters—Plan Crashes into Empire State Building

On July 28, 1945, a US military plane crashes into the Empire State Building killing 14 people. The freak accident was caused by heavy fog. The B-25 Mitchell bomber, with two pilots and one passenger aboard, was flying from New Bedford, Massachusetts, to LaGuardia Airport in New York City. As it came into the metropolitan area on that Saturday morning, the fog was particularly thick. Air-traffic controllers instructed the plane to fly to Newark Airport instead.

This new flight plan took the plane over Manhattan; the crew was specifically warned that the Empire State Building was not visible. The bomber was flying relatively slowly and quite low, seeking better visibility, when it came upon the Chrysler Building in midtown. It swerved to avoid the building but the move sent it straight into the north side of the Empire State Building.

Upon impact, the plane's jet fuel exploded, filling the interior of the building with flames all the way down to the 75th floor and sending flames out of the hole the plane had ripped open in the building's side. One engine from the plane went straight through the building and landed in a penthouse apartment across the street. Other plane parts ended up embedded in and on top of nearby buildings. The other engine snapped an elevator cable while at least one woman was riding in the elevator car. The emergency auto brake saved the woman from crashing to the bottom, but the engine fell down the shaft and landed on top of it. Quick-thinking rescuers pulled the woman from the elevator, saving her life.

For more information [click here](#).

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We're on the Web!

[www.santabarbaraca.gov/oes](http://www.santabarbaraca.gov/oes)

and



# Building a Disaster Kit on a Budget— The Dollar Store

Visit your local dollar store or other discount retailers to pick up basic first aid equipment.

Kit staples such as adhesive bandages, gauze, face masks, gloves, alcohol, bleach, batteries, flashlights, etc., can all be found at significant discounts.



These stores are also a good place to find things such as coloring books and crayons, puzzles, toys, books and games to keep kids occupied during a long-term emergency event. If you would rather visit your local chain retailer, you can still find savings on the shelves. Consider purchasing store brands for items such as aspirin or ointment and you could easily save a few dollars (just make sure that they have the same active ingredients).

Make it a scavenger hunt with your family in finding the items you will need in your kit. Lists can be found at the [Ready.gov](http://Ready.gov) website.

*Do you have an idea you want to share? Maybe you have another way of saving money when building your kit; we want to hear about it. Send your ideas, questions, or comments to:*  
[LiEncinas@SantaBarbaraCA.gov](mailto:LiEncinas@SantaBarbaraCA.gov)



Liliana Encinas

## Upcoming Events

### July 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2  World UFO Day	3	4 Independence Day 
5	6  Happy Chocolate Day	7	8  HAPPY VIDEO GAME DAY!	9	10 Teddy Bear Day 	11
12 Pecan Pie Day 	13	14 Bastille Day 	15	16 Fresh Spinach Day 	17	18 Nat'l Caviar Day 
19 Nat'l Ice Cream Day 	20 Moon Day 	21	22 Hammock Day 	23	24	25
26 All or Nothing Day 	27	28	29  Day	30	31 Mutt's Day 	