



GET READY, SANTA BARBARA!

Home & Family Awareness

Time for Change—An Editor’s Note

Contents:

- **Time for Change**
⇒ Editor’s Note
- **Main Feature:**
⇒ Gift of Preparedness
- **Stella’s Corner**
⇒ Run, Hide, Fight
- **CERTastic**
⇒ A Personal Story
- **Calendar**

Upcoming Issue in January 2016



Find out about your local fire department’s rich history in the City of Santa Barbara.

2016 Topics

January
Fire Dept.
History

March
Fire
Operations

June
Fire
Prevention

September
Fire ARFF

December
Fire
Hazmat

After six years of putting out a monthly OES Get Ready, Santa Barbara newsletter, we are going to be changing our format. Change is always good and keeps things fresh and sustainable. Instead of monthly newsletters, due to staffing, we are going to put out a quarterly newsletter.

With the change, we hope to add more on disaster preparedness, mitigation history, fun facts, etc. We will be looking at different departments in the City and how they prepare for and respond to disaster. You may be surprised and find out there are divisions in the City you never knew existed.

We will start with the Fire Department and look at the different Divisions throughout 2016. We will also have a featured corner of other divisions within the City. The newsletter will be a little longer than the monthly ones but just as informative.

We will try this through 2016 and if the new format works, we will continue to put out a quarterly newsletter for the next several years.

It has been such a pleasure putting this newsletter together and I couldn’t have done it without the assistance of the following:

- Lindsey Barker, was the originator the OES Newsletter.
- Danielle Danetra, who redesigned the newsletter and did the editing; then developed the OES Facebook page.
- Pablo Romero, who put out our first Spanish translation of the newsletter.
- Liliana Encinas, for continuing to translate the newsletter in Spanish and her editorial contributions.
- Stella Larson, for her contribution to the newsletter with “Stella’s Corner” for the last two years.
- Carol Lupo, for the last six years Carol has been instrumental in being our proofreader.

Without this dedicated team the OES Newsletter would’ve never been accomplished. I want to thank them for their hard work and diligence. I also want to thank you the reader for your comments and, at times, corrections. We will continue to work with you in heralding, “Get Ready, Santa Barbara!”

Give the Gift of Preparedness

Tis the season for giving and there are likely people on your list that you don't know what to get. Consider this the perfect opportunity to show how much you care by purchasing items that could help keep them safe during an emergency. Even expected events can quickly escalate to an emergency if people aren't prepared.

Purchase or make a Car Disaster Kit. Make sure your loved one has essential emergency supplies for the car. Put items in a small, clear plastic bin so they stay organized and protected in a vehicle:

- Emergency flares
- Jumper cables
- First aid kit
- NOAA radio
- Flashlight and batteries (hand-crank flashlights don't require batteries)
- A hand-crank cell phone charger
- Food options: MRE (Meals Ready to Eat) are inexpensive and have a long shelf life, find them at camping stores. You can also buy high-energy foods like granola bars or canned nuts
- Water
- A multi-tool
- A space blanket (look for ones in bright colors)
- Rain poncho
- Trash bags
- Signal mirror
- Whistle
- Glow sticks (not the toy kind) can be used for signaling, marking locations, or as non-powered lights

To further encourage preparedness, include a checklist with other suggested items that should be kept in the car. Of course, this list varies depending on where the person lives and the season, but suggestions include:

- Sturdy shoes or warm boots
- A waterproof and/or warm jacket
- Gloves, hat, scarf
- A change of clothes, warm clothes



***"By Failing to Prepare,
You are Preparing to
Fail."***

Benjamin Franklin



Other Holiday Preparedness Gift Ideas

If you don't want to go all out with the vehicle emergency kit, there are a few relatively inexpensive items that are crucial, but most people don't own:

- NOAA Weather Radio
- A multi-tool
- Cell phone charger (preferably with a hand-crank option)
- Don't Forget About Your Pets!

When it comes to disaster planning, very few families take the time to consider what will happen to their pets during a disaster.

A pet emergency kit should include:

- Emergency contact information for you and your vet
- Copies of shot records
- A current photo
- Microchip numbers
- Medication and vitamins
- A medical first aid kit
- Instructions if your pet requires special care
- Food for three days
- Leashes/harnesses
- Water bowls
- Litter pans
- Toys
- Bedding

Keep all these items stored in a waterproof container. Such emergency kits should be able to travel with the pet in case they're being handed off to a volunteer or a shelter. Ensure that the pet's tags have up-to-date information, in case the pet gets spooked and escapes in transition.

During this holiday season, make sure your loved ones (people and pets) are prepared for an emergency. It's the best gift you could give.

Stella's Corner – Run, Hide, Fight

Nous sommes Paris! We are Paris. We have been Paris. We may be Paris again. As we mourn for the dead, have compassion for the wounded and comfort the survivors, we look to ourselves and prepare for what can happen. This is not a self-fulfilling prophecy. We are assured by our government, our agencies, and our emergency responders that we must prepare to act in our own defense.

It is not an easy discussion. What can we do to “harden up” and not be soft targets? We have steps we can implement to reduce our vulnerability, but first we must understand the nature of a mass shooting. Mass shootings are intended to create chaos. There may be no plan to the shooting, only to kill and maim as many as possible. It is random, and may involve a single attacker, or several.

Situational awareness requires us to sharpen our senses, preplan for escape, and be fit enough to act when an irrational person or persons, or a terrorist group, whether single or multiple, makes a decision that is irrevocable and potentially fatal to innocent people.

We can and must take a series of steps to be prepared for an active shooter situation:

Be aware of your surroundings at all times. This is called **SITUATIONAL AWARENESS**. Study people, possible escape routes, and plan ahead. Where are exits, doorways, rooms? In a restaurant, where are the emergency exits. You should know this before you sit down. In a hotel, it is wise to stay on the second floor near a fire escape or a stairwell to facilitate multiple exit options. At a concert or a large event, be willing to sacrifice acoustics or a view of the field for easy access or proximity to an emergency exit. The easy rule is to know your way out before you go in.

EVACUATE, RUN, GET OUT if possible at the first sign or sound of trouble. If you hear the sound of firecrackers in a location where you shouldn't, collect yourself and exit. Run at a 90 degree angle to the shooter, not straight ahead of the path of fire. If the shooter is in a hallway, run in a zig zag pattern.

GO whether others agree or not. Leave your belongings behind. Travel light.

If possible, help others escape.

If possible, prevent others from entering the area.

Call 911 when you are able.

HIDE away from the shooter's view if you are not able to run. Try to not trap yourself. Seek protection that provides significant shielding, for instance, a sturdy desk against a door instead of just the door. Lock the door and blockade it with heavy furniture. **SILENCE** your cell phone so your position is not accidentally revealed. Turn off radios and televisions. **HIDE** behind furniture. **DIAL 911**. If you cannot speak, stay on the line with the line open so the operator can listen.

TAKE ACTION when you have no other options. Be as aggressive as possible, and remember you are fighting for your life. Fight dirty, eyes, groin, punching, kicking, and gouging, nothing is off limits. You need to finish the fight. Throw items, improvise weapons. Yell. Be loud and fierce. **BE COMMITTED TO YOUR ACTIONS. FOLLOW THROUGH WITHOUT HESITATION.**

When **LAW ENFORCEMENT** arrives be aware that they will **NOT** stop to help the injured. Their primary job is to eliminate the threat and restore order.

They may arrive in teams, usually 4. They may wear uniforms and Kevlar vests, helmets and other tactical gear. They may be armed with rifles, shotguns, and handguns. They may use pepper spray or tear gas. They may shout commands and push people to the ground for safety. Be on the ground already, to avoid being caught in a cross fire and to lower your profile in case of a secondary detonation.

FOLLOW INSTRUCTIONS! Stay calm. Put down any items in your hands. Raise your hands and spread your fingers. Keep your hands visible at all times. Avoid quick moves with officers, such as holding onto them for safety. **AVOID** pointing, screaming, or yelling. Do not stop to ask officers questions when evacuating.

PROVIDE INFORMATION TO 911 OR LAW ENFORCEMENT including, if possible, the location of the shooter, the number of shooters, any physical description of the shooter or shooters, the number and types of weapons, and the number of potential victims at the location. **REMEMBER**, this is if you are able and have evacuated or otherwise secured yourself.

The first officers at the scene will **NOT HELP THE WOUNDED**. Rescue teams will follow and may enlist the help of able-bodied individuals to remove wounded from the premises. Do not attempt to move the wounded.

Once you have reached a **SAFE LOCATION** or assembly point, you may be held in that area by Law Enforcement until the situation is under control, and all the witnesses are identified and questioned. Do not leave until law enforcement instructs you to do so.

Create **YOUR EMERGENCY ACTION PLAN**, and practice it. Ask if your workplace has an Emergency Action Plan, and if one is needed, professionals are ready to help.

To harden your own preparedness, contact the City of Santa Barbara Office of Emergency Services Director Yolanda McGlinchey, (805) 564-5711 or Ymcglinchey@SantaBarbaraCA.gov. CERT classes are enrolling for both individuals and institutions.

The source for this information regarding what to do in an active shooter situation came from FEMA, the US Department of Homeland Security, and from my son Alex Larson, a Special Forces Combat Veteran.



Stella Larson,
Mesa Resident

CERTastic — A Personal Story

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We're on the Web!

www.santabarbaraca.gov/oes

and



Erick Lee graduated from the City of Santa Barbara CERT class early this year. On Saturday November 21 on his way home from Goleta, he was driving on the US 101 South to Port Hueneme. Then right before the Ojai breakoff, he witnessed a car fire. Immediately he saw 5-7 cars all pulled over BUT TAKING ONLY VIDEOS, this upset him so he pulled over and started asking what happened and if anyone had called 911. There was a guy named Jose who was parked in front of him who said he had called. Erick had him stop videoing the scene and told him to follow him to the back of his car. He took out one of his reflector vests and gave it to Jose and he put on his CERT vest. He then took out his last three (3) flares, diverted traffic and closed one lane. The vehicle had four (4) males who got out and were okay. However, one of them was on the other side of the center divider. When Erick got to him he was laying down on his side. Erick told Jose to go to his trunk and take out all of his jackets, sweaters and towels to cover him and keep him warm. While Jose did that, Erick, taking what he learned from CERT started checking for shock. Erick asked "Collin" (the victim's name) if he could squeeze his hand (simple question), he did and then if he could move his legs, he did and he also moved his head in a full circle. However, Collin did say he was having pains around his chest and some on his back. By that time Jose came back and brought all the items asked for to keep Collin warm. Collin asked Erick if he was going to be ok and that he was getting cold. This really got to Erick, but he didn't let Collin see him fearful, so he just sat with him and comforted him until AMR and two (2) Fire engines plus a Battalion Chief arrived. Shortly after CHP showed up, Erick heard "Collin" was getting critical. Collin was then taken by AMR. CHP gave Erick a full bag of 30 minute flares. Erick wasn't going to accept them but then realized that with the possibility of El Nino and what can happen he took the gift. Erick has wondered what happened to Collin. Erick was thankful for the training that he received through CERT.

Note, if anyone knows what happened to Collin please contact the City Office of Emergency Services at 805-564-5711 and they will pass on any information. Good job Erick. There are many stories like this; if you have one you can submit it to ymcglinchey@santabarbaraca.gov and your story could be featured in the next OES Newsletter.

Upcoming Events

▶ DECEMBER 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4 Santa's List Day 	5
6	7 Letter Writing Day 	8	9 Christmas Card Day 	10	11	12 Poinsettia Day 
13 Violin Day 	14 Roast Chestnuts Day 	15	16	17 Maple Syrup Day 	18 Bake Cookies Day 	19
20 Go Caroling Day 	21	22	23 FestiVus! For the rest of us. 	24	25 HAPPY Holidays 	26
27	28 BOXING DAY 	29	30	31 	HAPPY NEW YEAR 2016 	