



GET READY, SANTA BARBARA!

KNOWING YOUR RISKS

Winter Storms and Extreme Cold

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While the danger from winter weather varies across the country, nearly all Americans, regardless of where they live, are likely to face some type of severe winter weather at some point in their lives. Winter storms can range from a moderate snow over a few hours to a blizzard with blinding, wind-driven snow that lasts for several days. Many winter storms are accompanied by dangerously low temperatures and sometimes by strong winds, icing, sleet and freezing rain.

One of the primary concerns is the winter weather's ability to knock out heat, power and communications services to your home or office, sometimes for days at a time. Heavy snowfall and extreme cold can immobilize an entire region.

The National Weather Service refers to winter storms as the "Deceptive Killers" because most deaths are indirectly related to the storm. Instead, people die in traffic accidents on icy roads and of hypothermia from prolonged exposure to cold. It is important to be prepared for winter weather before it strikes.

Although Santa Barbara does not face some of the severe weather that most of the States do, we still have our share. Our front county does experience freezes during the months of December through February. This does affect our agriculture. It is also a good time to check on your elderly neighbors to make sure they are warm and have what they need during the cold times that we have here in Santa Barbara County.



Santa Barbara History—State Street

Usually the principle street leading into a town is simply named Main, Grand or Central. In our case they decided to honor the new state of California, opting for the shorter "State" rather than the actual name.

A few early maps labeled it *Estado*, the Spanish equivalent. After the 1925 earthquake, as the city adopted the Spanish feel in earnest, they tried again with the fancier *Calle Estado* but it didn't catch on and the street remains simply "State Street".

*Excerpt: Street Names of Santa Barbara
By Neal Graffy, pg. 42*

Upcoming Issues

JANUARY
Kitchen Safety



FEBRUARY
Bedroom Safety



MARCH
Living & Dining



APRIL
Garage



MAY
Defensible Space



Do you have some Santa Barbara history you want to share? Maybe you have some interesting family history you want to share or maybe you have a question about something. We want to hear it! Send us your stories of, or questions about, Santa Barbara history to YMcGlinchey@SantaBarbaraCa.gov



Current State St. Photo



1875 State St. Photo

Extreme Weather Planning

When winter temperatures drop significantly below normal, staying warm and safe can become a challenge. Extremely cold temperatures often accompany a winter storm, so you may have to cope with power failures and icy roads. Although staying indoors as much as possible can help reduce the risk of car crashes and falls on the ice, you may also face indoor hazards. Many homes will be too cold either due to a power failure or because the heating system isn't adequate for the weather. When people must use space heaters and fireplaces to stay warm, the risk of household fires increases; as well as the risk of carbon monoxide poisoning.

Exposure to cold temperatures, whether indoors or outside, can cause other serious or life-threatening health problems. Infants and the elderly are particularly at risk, but anyone can be affected. To keep yourself and your family safe, you should know how to prevent cold-related health problems and what to do if a cold-weather health emergency arises.

What is Extreme Cold? Extreme cold and its effects can vary across different areas of the country. In regions relatively unaccustomed to winter weather, near freezing temperatures are considered "extreme cold." Whenever temperatures drop decidedly below normal and as wind speed increases, heat can leave your body more rapidly. These weather-related conditions may lead to serious health problems. Extreme cold is a dangerous situation that can bring on health emergencies in susceptible people, such as those without shelter or



Eat and Drink Wisely

Eating well-balanced meals will help you stay warmer. Do not drink alcoholic or caffeinated beverages—they cause your body to lose heat more rapidly.



who are stranded, or who live in a home that is poorly insulated or without heat.

Plan Ahead. Prepare for extremely cold weather every winter, it is always a possibility. There are steps you can take in advance for greater wintertime safety in your home and in your car.

Preparing your home. If you plan to use a fireplace or wood stove for emergency heating, have your chimney or flue inspected each year. If you will be using your fireplace or woodstove, remember to install/check/test your smoke detectors and carbon monoxide detector, as well.

Remember, your ability to feel a change in temperature decreases with age, and older adults are more susceptible to health problems caused by cold. Be sure to check on older adult relatives and/or neighbors to make sure they are okay.

Preparing your car. You can avoid dangerous winter travel problems by planning ahead. Have maintenance service on your vehicle as often as the manufacturer recommends. In addition, every fall:

- Have the radiator system serviced
- Replace windshield wipers and fluid
- Replace any worn tires and check the air pressure
- Keep blankets and a first aid kit in your trunk.

For more information [click here](#) for the CDC Extreme Cold Guide

The CERT Corner – Our Gatherings

How fortunate are we to be able to gather for holiday feasting! All the good things come out, and hopefully all the goodness in people as well. The preparations for Thanksgiving and Christmas remind this writer of the warm up before entering the ring with the 300 pound gorilla. In this case, it's usually a 15 pound turkey, but sometimes there seems to hardly be a difference.

We go to the recipe file. We shop. We prep, and then in an extravaganza worthy of a symphony, we stuff, bake, baste, steam, beat, roll, bake some more, and then set the table, fuss over the place settings and the centerpiece, count the chairs, and finally sit to feast.

All this planning and all this preparation for one meal plus the delight of the leftovers leaves us sated for another year.

How about another type of planning, one that will surely leave yourself and your family feeling satisfied after a meal? How about an emergency food supply? I am not writing about the cans of soup and beans in the pantry, but a real emergency food supply, the one that will be important once the soup and beans are exhausted. These supplies have a long shelf life, up to 25 years. The food is freeze dried, comes in prepackaged portions, and some brands even have options such as vegetarian and low sodium.

There are many from which to choose, widely available online and at select retail outlets. If you wish to sample before you purchase, the Wise Company will send you a packet. REI, Big 5, and

other sports outlets have dehydrated food for backpackers and campers, and you can sample what others have been eating on the trail for years. The 911 Supply House in Paso Robles carries a full supply of emergency food as well as tools and gadgets for survival. They include a full range of food, with quantities prepackaged and ready to reconstitute with water only. You can buy one meal, or as many as you wish, packaged in buckets, easy to transport and carry. We recently took a small bucket as a hostess gift, and it was the centerpiece at dinner!

Think of it this way: you buckle your seatbelt every time you prepare to drive. You don't expect to be in an accident, but if you are, you are much safer because you were ready.

CERT classes are forming for 2015, and you don't want to miss out on the opportunity! Do it for yourself and your family. We have Teen CERT, Spanish CERT, CERT for organizations and businesses and the first CERT Academy is graduating in December. These CERTified citizens have taken a year of advanced training, and completed additional FEMA instruction. Even though our neighbors amongst us have done this work, the most important person in any emergency is YOU. For more information on CERT classes, call or email Yolanda McGlinchey, (805) 564-5711, ymcglinchey@SantaBarbara.gov.



Stella Larson,
Mesa Resident

We are on Facebook (<https://www.facebook.com/CityofSBOES>) as Santa Barbara County CERT Corps

Extreme Weather Quiz

- Highest temperature ever recorded on earth was 134 degrees on 7/10/1913. Where?
 - Phoenix, Arizona
 - El Azizia, Libya
 - Death Valley, California
- The most rain in 1 minute measured on earth was 1.23 inches on 7/4/1956. Where?
 - Rangpur, Bangladesh
 - Unionville, MD
 - Honolulu, Hawaii
- The coldest temperature ever recorded on this world was minus 128.5 degrees. Where?
 - Point Barrows, Alaska
 - Tostuya, Siberia
 - Vostok, Antarctica
- The strongest wind gusts ever measured was 253 mph or 200 knots on 10/4/1996. Where?
 - The Strait of Gibraltar
 - Barrow Island, Australia
 - Mt. Washington, New Hampshire

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We're on the Web!

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and



Emergency Kit Recipes

"Shelter-in-Place" Pumpkin Bread

Prep Time:

10 min.

Total Time:

60 min.

Ingredients

- | | |
|--------------------------------|--------------------------------|
| 1 2/3 cup of all-purpose flour | 1/4 tsp. salt |
| 1 cup of sugar | 1 cup pumpkin puree |
| 1 tbsp. ground cinnamon | 1/2 cup unsweetened applesauce |
| 1 tsp. baking soda | 1/4 tsp. baking powder |
| 1/4 cup vegetable oil | 3/4 cup dark chocolate chips |
| | 3/4 cup chopped walnuts |

Directions

1. Preheat oven to 350 degrees. Grease and flour a loaf pan.
2. Combine flour, sugar, cinnamon, baking soda, baking powder and salt in a large bowl.
3. Combine pumpkin, applesauce and oil in a separate bowl. Stir in dark chocolate chips. Fold pumpkin mixture into the flour mixture. Pour batter in prepared loaf pan. Sprinkle chopped walnuts on top fo the batter in the loaf pan.
4. Bake until toothpick inserted in the center of the loaf comes out clean, approximately 1 hour.



If you want to find more Emergency Recipes like this, [Click here](#)

Do you have an Emergency Kit Recipe you want to share? Maybe you have a healthy or crazy recipe or maybe you have a question about something. We want to hear from you! Send us your recipes, or questions to YMcGlinchey@SantaBarbaraCa.gov

Upcoming Events

December 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Eat a Red Apple Day 	2	3	4 Wear Brown Shoes Day 	5	6
7 Pearl Harbor Day 	8	9 Christmas Card Day 	10	11	12 Poinsettia Day 	13
14	15 Bill of Rights Day 	16 Hanukkah Begins 	17	18 Bake Cookies Day 	19	20 Go Caroling Day 
21	22	23 Festivus 	24	25 Christmas Day 	26 Kwanzaa Begins 	27
28	29	30	31 New Year's Eve 			