



# GET READY, SANTA BARBARA!

## Home & Family Awareness

### Sustainability—Introduction

**Contents:**

- **Sustainability**
  - ⇒ Introduction
- **Main Feature:**
  - ⇒ Kitchen Safety
- **Community Corner**
  - ⇒ What Happens in the Kitchen Stays in the Kitchen
- **Bizarre/Weird Disasters**
  - ⇒ The Boston Molasses Disaster
- **Disaster Kits on a Budget**
  - ⇒ Introduction
- **Calendar**

Upcoming Issue in February 2015



In next month's newsletter there will be helpful hints on how to make sure that the bedroom(s) in your home are safe for family and guests.

#### 2015 Topics

February  
Bedroom

March  
Living & Dining

April  
Garage Safety

May  
Defensible Space

June  
Vacation Safety

July  
Water Safety

*Sustainability is an all-encompassing concept that provides a framework for many of the forward-looking decisions or activities a community is already doing (or wants to do), involving improvements in quality of life, safety, economic opportunity, environmental protection, or the mitigation of natural hazards.<sup>1</sup>*

A community, like ours, faces numerous tasks when recovering from a disaster; rebuilding roads and bridges, reopening businesses, reconstructing housing, restoring environmental resources, repairing utility services and reinstating social and medical services. Instead of simply rebuilding back the way things were before, a community can maximize long-term benefits by addressing these tasks with more comprehensive and sustainable approach.

#### What does it Mean for a Community to be Sustainable?

A sustainable community thrives from generation to generation due to:

- A social foundation that provides for the health of all community members, respects cultural diversity and considers the needs of future generations;
- A healthy and diverse ecological system that performs life-sustaining functions and provides essential resources for humans and all other species; and
- A healthy and diverse economy that adapts to change, provides long-term security to residents and recognizes social and ecological limits.

A community can be thought of as made up of three (3) spheres: social, environmental and economic. The Social Sphere consists of all the interactions among the peoples; the Environmental Sphere is the natural, physical setting; including visible landscapes and natural resources; and Economical Sphere consists of all the activities, transactions and decisions related to producing and exchanging goods and services. To be sustainable, a community must maintain the balance and integration of its social, environmental and economical spheres.

In 2015, we will be looking at each of these spheres and offering tips for sustainability. Join us as we take this journey together.



<sup>1</sup> Except from Holistic Disaster Recovery Produced by Natural Hazards Center Revised 2005

## Kitchen Safety—26 Basic Safety Tips

1. Make sure all wires, cords and plugs on your appliances are not frayed and that the plugs have 3-prong grounded connections. This would include coffee makers, toasters, blenders, microwaves, mixers, etc. (Hint: unplug small appliances not in use during the day, e.g. toasters, coffee makers, etc.)
2. Don't use extension cords. You can obtain a junction box that has built-in GFI (ground fault interrupters). This will allow you extra plug in space and the GFI will kick in if there is a power shortage. Helps avoid water/electrical shock accidents.
3. Get rid of any appliance that is broken or damaged. New ones are very inexpensive these days. If a new one would bust your budget, try garage and tag sales (just make sure you're not buying somebody else's broken appliance).
4. Put a childproof lock not only on the cabinets with your medicines and cleaning supplies, but also your oven.
5. Don't leave the kitchen with pots & pans cooking on the stove. Make sure to turn off burners as soon as you take the pot off.
6. Avoid wearing inappropriate clothing while cooking. That means loose sleeves and sweaters.
7. Keep dish towels, pot holders and oven mitts away from the stove.
8. Keep matches and lighters in high places where curious little hands can't reach them.
9. If using candles in the kitchen, don't leave the room (or home) while they're burning. Make sure they are in a safe place and are in flame proof containers.
10. Check furniture, curtains, dish towels, etc. to be sure they are not blocking heaters or vents.
11. Keep a fire extinguisher in or near the kitchen, but not near the stove or the heater.
12. In case of a grease fire, salt and/or baking soda will help if you do not have a fire extinguisher.
13. Keep emergency numbers handy – 911 is easy to remember, but also keep a phone number to the Poison Control Center.




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***A part of good kitchen organization is planning a preparing for kitchen safety.***

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14. Scalding is one of the most common injuries in the kitchen. Make sure to turn pot handles away from the front of the stove and away from little curious hands.
15. Scalding can occur from hot steam as well. Be careful when lifting lids from hot food (including opening that hot bag of microwave popcorn)!
16. Handling Knives: (a) Always cut away from your body when using a knife. It can slip and cut you, (b) Always use a cutting board, (c) Protect your counter tops, (d) Keep blades sharp, (e) Keep knives clean (including handle) – slippery handles can cause injuries, (f) Don't put knives in a sink of soapy water – they may not be seen and accidents can occur, (g) Wash and dry carefully keeping sharp edge away from your hands, (h) Always lay them flat, never on the back or edge, (i) Don't attempt to catch a knife as it falls – better it hits the floor than cut your hand, (j) Wash knives with warm soapy water after each use.
17. Be sure appliances are unplugged before touching sharp edges (blenders, can openers, mixers, etc.).
18. Never stick a fork in a toaster to retrieve trapped toast – you may get shocking results.
19. Always be sure the blender is unplugged before touching the blades.
20. Be careful about sharp edges: scissors, broken glass, potato peeler, etc.
21. Never ever, ever leave cooking foods unattended – not even for a minute.
22. Casualness causes casualties – don't answer or talk on the phone while cooking – you can be distracted and injuries can result.
23. Clean up spills immediately – wet floors are slippery when wet. Also, keep the kitchen floor clear of toys and other items.
24. Keep young children out of the kitchen while cooking; 3 ft from the stove/oven
25. Always use a step-stool to reach high places.
26. Store cleaning supplies and all chemicals in a safe place. Use safety latches.

## Community Corner –What Happens in the Kitchen Stays in the Kitchen

As a young mother, being both efficient and conscientious, I moved to Ohio with my beautiful son and a crisp green spouse. The stove was electric, the nipples on bottles were latex. The pan was white enamel. The tableau was set for failure, and I failed. Yes, right at 2 AM he awakened and screamed bloody murder. I dashed to the kitchen, babe in arms, put that exquisite bottle of breast milk into the water in the enamel pan, turned the burner to SIM, rocked him and fell asleep. He did too, and it was only the odor of burning rubber that awakened me. Sure enough, the pan was married to the burner, the bottle and nipple welded to the pan, and the whole works boiled dry and stinking enough to get the entire family roiled. That was Night One with the new in-laws.

I had already read to turn the handles of pans away from the edges, to check knobs on the stove, to beware of the chemical monsters lurking under the sink. What I did not know, or at least recognize, was the power of inattention and fatigue. The same goes for imagining we are chefs past our abilities.

Getting down to it, to keep out of hot water, consider the following: fires happen in the kitchen, even in the oven. If we have greasy drippings on the bottom of an oven, we can have fire. We can also have fire on the stove top. So, what do you do in that emergency? Fire is always serious. You, of course, being a reader of this column, have a fire extinguisher in the kitchen, close to the stove, not next to it. If you don't have an extinguisher; did you know baking soda smothers fires? Of course, if the fire is large, pick up the phone, dial 911 and get out!

Burns are serious business. In addition to being painful, they can be disfiguring or worse. Children are especially susceptible as they are curious. Be aware of how you are teaching them to cook. Emphasize safety and what

to do during an emergency. In the case of a burn, do the following:

- Cool skin or clothing; if they are still hot
- Cover loosely with dry, sterile dressing to keep air out, reduce pain and prevent infection
- Elevate burned extremities higher than the heart

Do not:

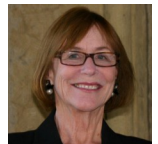
- Use ice, Ice causes vessel constriction
- Apply antiseptics, ointments, or other remedies, e.g., butter, etc. These only cause the burn area to cook
- Remove shreds of tissue, break blisters, or remove adhered particles of clothing

Immediately, seek medical attention if the burn is greater than minor, or greater than a small area. Always call 911 if a child has been burned or scalded.

The hoods over stoves are noisy, but did you know they also serve a purpose? They lower the temperature of the stove surface, and when we cook with plenty of heat on all the burners, there's more than steam ascending through the vent—heat. This heat can cause scalding to your skin causing burns.

Toast stuck in the toaster? Unplug it before you remove it. It is a coil of heat produced by a direct feed of electricity. This current does not discriminate between toasters and people. A jolt of electrical voltage could alter your heartbeat.

So, be aware in the kitchen. Even if you live alone, be a professional in your kitchen. Whatever you do, don't fall asleep on your watch. It may ruin your reputation as a cook.



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

## Bizarre & Weird Disasters— The Boston Molasses Disaster

On January 15, 1919, in what was probably the most bizarre disaster in United States' history, a storage tank burst on Boston's waterfront releasing two million gallons of molasses in a 15 ft-high, 160 ft-wide wave that raced through the city's north end at 35mph destroying everything it touched. The wave broke steel girders of the Boston Elevated Railway, almost swept a train off its tracks, knocked buildings off their foundations, and toppled electrical poles, the wires hissing and sparking as they fell into the brown flood. The Boston Globe reported that people 'were picked up and hurled many feet'. Rivets popping from the tank scoured the neighborhood like machine gun bullets, and a small boat was found slammed through a wooden fence like an artillery shell. By the time it passed, the wave had killed 21 people, injured 150, and caused damage worth \$100 million in today's money. At the time, molasses was a standard sweetener in the United States, used in cooking and in fermentation to make ethanol, which in turn could be made into liquor and used as an ingredient in munitions manufacture, an aspect of the business that had been booming during the First World War. To read the full article in History Today, 2009, [click here](#).



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and



# Building a Disaster Kit on a Budget—Water

Just yesterday, I was reading an article and it started with the following question; "If you were on a plane and a person pulled out a knife or was acting erratic, who will stand up and take care of this issue?" What would you have answered?

If you answered everybody, that's correct! All of the passengers would understand that they have the responsibility to act, because no one would come to their rescue.

The same thing applies to a disaster. When it comes to a disaster we always hear the following questions; "Will a disaster strike here?" "Do I really need a ready kit?" "Can I afford one?"

Well let me tell you a little secret; most definitely a disaster will strike and yes you need a disaster kit and yes you can afford one! Over this year I will give you helpful hints on developing a disaster kit that is affordable.

For January, I would suggest you get at least a case of water, under \$4, and store it in a dry, cool place.

*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  
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## Upcoming Events

### ▶ January 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 New Years Day 	2	3 Fruit Cake Toss Day 
4	5 National Bird Day 	6	7	8 	9	10 
11	12	13 National Pharmacist Day 	14	15	16 NATIONAL NOTHING DAY 	17
18 Thesaurus Day 	19	20	21 National Hugging Day 	22	23	24 NATIONAL COMPLIMENT DAY January 24th 
25	26	27 Chocolate Cake Day 	28	29 National Puzzle Day 	30	31 