



# GET READY, SANTA BARBARA!

## Home & Family Awareness

### Sustainability—Obstacles to Disaster Recovery Pt. 5

#### Contents:

- **Sustainability**
  - ⇒ Obstacles to Disaster Recovery Pt. 5
- **Main Feature:**
  - ⇒ Summer Rules to Live By
- **Stella’s Corner**
  - ⇒ Road Queen
- **Disasters**
  - ⇒ The Tunguska Event
- **Building a Disaster Kit on a Budget**
  - ⇒ Toiletries
- **Calendar**

Upcoming Issue  
in MONTH 2015



The hot months are now coming upon us and as we start thinking about some places to cool off; water comes to mind. Next month we will give you a few tips on what you can do to be safe near the water.

There are many obstacles to a successful recovery that may slow down or sidetrack the recovery process. If these obstacles are ignored, they can impede holistic recovery. A few common obstacles are summarized below.



**Degree of Damage**—After a presidential declaration, programmatic funding rules and applicable codes and standards (e.g. building codes, infrastructure design standards, etc.) will drive the decisions to repair or replace damaged facilities and affect a community’s ability to make changes.

**Rules, Regulations, and Policies**—On the positive side, funding made available through government disaster relief programs provides the means to jump-start the recovery process. However, rules, regulations and policies can alter priorities.

**Property Rights, Development, and Land Use**—These issues affect how and when communities make recovery decisions. Communities are often surprised to discover that many owners of flooded homes not only want to return to their property but also intend to take the opportunity to replace the structures damaged with larger, more modern units. A “Bigger is better” redevelopment trend has been documented following earthquake and wildfires.

**Drive to Return to Normal**– Proposed post-disaster changes...always take time and are often costly to those impacted.

**Lack of Awareness of the True Redevelopment Possibilities**—People may be unaware of how other communities have made substantial community improvements by using a disaster to initiate the process. Others are more concerned with their own personal world than with the larger picture of community improvements.

**Searching for an Extraordinary Solution to what Appears an Extraordinary Problem**—Most extraordinary problems are actually problems that governments deal with routinely: picking up debris, conducting building inspections, planning, permitting new development, managing grants and loans, and providing public information. The situation becomes extraordinary because all these functions are happening at the same time with greater demands.

There are other obstacles that you can read about by [clicking here](#), along with further descriptions of the ones listed above. Next month we will look at enablers for Holistic Recovery.

#### 2015 Topics

June  
Vacation  
Safety

July  
Water  
Safety

August  
Back to  
School

September  
Business  
Continuity

October  
Workplace  
Violence

November  
Sustain-  
ability

## Summer Rules to Live By

Below are a few tips that will help you during the upcoming hot season.

- When you are sweating too much, it's time to come out of the sun! Don't do anything in the hot sun for longer than 15 or 20 minutes at a clip because the body can lose a significant amount of water content from sweating -- setting you up for heat stroke.
- Remember it's not just heat that makes summer fun problematic, but cold is a big problem when kids are out swimming and have been in the water so long that their lips are blue, they are shivering, and their body temperature has dropped. If you are noticing this make the child warm back up to 98.6 before they go back in, no matter how much they plead. All kids want to do is have fun, so a parent has to make sure that they warm up.
- Travel with a little first aid kit and make sure you have it where it's readily available to save trips to the ER.
- A sign that kid are getting overheated is that they complain and have started to sweat. Remember that if it gets to an extreme, children don't sweat. If a child complains of lightheadedness, take them out of th sun. Take them into a cool place and make sure they are hydrated with water or a sports drink."

### Grill Placement

- Never use your grill indoors, in a garage, or under anything that could catch fire.
- Place your grill at least ten feet away from your home, or any other structures or buildings.
- Make sure your grill is not located near any deck rails, siding, or low hanging tree branches that could catch on fire.
- Keep a spray bottle and fire extinguisher nearby at all times.

### Charcoal Grill Safety

- Make sure you use your grill in an open space. Charcoal grills burn off dangerous carbon monoxide gas that builds up in closed areas.
- Never use any flammable or combustible liquid to start the fire. These starter fluids could cause an uncontrollable flash fire; add more charcoal or use kindling instead.
- After grilling, allow charcoals to cool completely, soak them in water, and then



In this heat be well aware, elderly and young ones need extra care.



store or dispose them in a metal container so they don't reignite.

### Gas Grill Safety

- Before using your grill, check your hoses for cracks, blockages, or gas leaks. To check for a gas leak, open the gas supply valve fully, apply a soap and water mix onto the hose, and look for bubbles. If you see bubbles, there's gas leaking out of your hose. Turn the gas off immediately and call a professional to fix the leak.
- Never store propane cylinders, or other spare gas containers, near the grill or indoors. These containers can be explosive in fires. Even if you store your grill indoors for the winter, remove the gas container and store it outside.
- Never start your grill with the lid closed.

### Where the Wild Things Are

An ounce of prevention is really important when it comes to avoiding bug bites this summer. We work very hard during the day and want to enjoy our time off, and there is nothing worse than having to stop in the middle of a beach barbecue and take someone to the ER.

Bees and wasps offer the greatest chance of acute reactions that can be serious. Many people already know that they are highly allergic to the venom in bee and wasp stings and are prepared with an EpiPen to avoid having to rush off to the ER," he says. An EpiPen injects epinephrine to prevent a severe allergic reaction. Signs of a severe, life-threatening reaction include dizziness due to a drop in blood pressure and an inability to breathe from swelling in the nose and throat.

Make sure to get the stinger out quickly. Use a credit card or a blunt-edge object to try to scrape out the stinger. If something like a credit card is not available, use your fingers because it's better than leaving it in and allowing more venom to be pumped in to your bloodstream. Also, put ice on the sting to reduce the swelling that may occur later. This will also minimize any discomfort.

Also keep the area clean as possible. A topical anesthetic is also helpful to stave off itch and pain that can accompany a bite or sting.

Now have fun and be safe in the Summer Sun!

## Stella's Corner – Road Queen

Oh those heady days of summer! My father would shout, "How far to Winnemucca?" and we knew we would leave shortly. We left at night from the Bay Area so we'd drive the hottest part of the trip before sun up. Hunkered in the back seat, my brother and I would snooze and awake in the pre dawn to the scent of sage, and road patches that made the tires click in a summer cadence.

Our parents secured the house and we left. Our dad would call out, "Locked and loaded," as he turned the key in the ignition. The neighbors waved goodbye, and wished us a safe journey. They said, as my parents often told them, "Don't worry about a thing." They covered the mail, the yard, and made sure all was well. When my mother left the back door open, they closed it. When my brother left his suitcase on top of the car and it fell as we drove away, the neighbors retrieved it and stored it for our return.

Now you are packed and ready. The car is full of technology, cell phones, and tablets, movies for the kids, charging devices, bags of great junk food, luggage, and maybe the dog. Nothing has been left behind. The car has been serviced, and you have spoken with the neighbors about keeping an eye on things.

Here are a few tips to help make your time away from home more secure:

- Do ask a friend or neighbor to watch over your home. The USPS makes it very simple to stop your mail, and there is no charge for this service at [www.USPS.com](http://www.USPS.com).
- Do not announce your absence by posting on social media.
- Move jewelry and computers out of sight. Shut off the power strips and turn off your modem.
- Unplug small appliances. Buy timers for your lights so your home has the appearance of being occupied.

- Do not hide a key to the house under a mat, planter, or rock, or over the door. Instead, give it to a trusted neighbor. Leave emergency contact information with that neighbor including your insurance contact in case of damage.
- Consider the purchase of travel medical insurance. Flying home in an air ambulance is very costly.

Going abroad?

Tell your financial institution and credit card providers that you are going and for how long. Protect your identity by using RFID protective wallets, sleeves, or other devices. Don't have RFID protection? Simple aluminum foil lining your wallet will help. Thieves are more interested in your identity than your money. Be aware of your surroundings.

Check travel alerts and warnings through the US Department of State. Do not break local laws. Your US passport will not get you out of trouble, and the US Embassy cannot get you out of jail. Know how to contact the US Embassy or Consulate in the country you are visiting.

Have a copy of your passport in case of loss. This will help with replacement documents.

Consider the purchase of travel medical insurance.

Oh yes, how far is Winnemucca? From Santa Barbara its 640 miles via US 395. Be sure to have breakfast at the Waffle House. Don't forget your suitcase on top of the car. Life gets interesting when you wear the same pair of jeans for two weeks! Have fun!

CERT classes will start in the fall. For more information contact Yolanda McGlinchey at (805) 564-5711.

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



Stella Larson,  
Mesa Resident

## Disasters— The Tunguska Event

On **June 30, 1908**, in a remote part of Russia, a fireball was seen streaking across the daytime sky. Within moments, something exploded in the atmosphere above Siberia's Podkamennaya Tunguska River in what is now Krasnoyarsk Krai, Russia.

This event – now widely known as the *Tunguska event* – is believed to have been caused by an incoming meteor or comet, which never actually struck Earth but instead exploded in the atmosphere, causing what is known as an *air burst*, three to six miles (5–10 kilometers) above Earth's surface.

The explosion released enough energy to kill reindeer and flatten trees for many kilometers around the blast site. But no crater was ever found.

At the time, it was difficult to reach this remote part of Siberia. It wasn't until 1927 that Leonid Kulik led the first Soviet research expedition to investigate. He made an initial trip to the region, interviewed local witnesses and explored the region where the trees had been felled. He became convinced that they were all turned with their roots to the center. He did not find any meteorite fragments, and he did not find a meteorite crater. For more information [click here](#).



Santa Barbara City Office  
of Emergency Services

121 W. Carrillo Street  
Santa Barbara, CA 93101

Phone: 805-564-5711

Fax: 805-564-5730

E-mail:

YMcGlinchey@SantaBarbaraCA.gov



We're on the Web!

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

and



# Building a Disaster Kit on a Budget—Toiletries

What?? Are we really going to talk about toiletries! Yes we are, because you in a disaster you will still need things like soap, toothpaste, brushes, sanitary napkins, etc. So, how can we add those things to our kit on a budget? This is a good time to remind you that zip lock bags can be very useful.

Here are a few tips:

- When spending the night in a hotel, they have those little bottles of shampoo, conditioner, and lotion. Take those, their free, and put them in a zip lock and place in your kit.
- When buying supplies like Q-Tips, cotton balls, etc., take a little out of the package and put it in zip lock bag and place it in your kit.
- Make sure that you keep a few sanitary napkins in your kit. Again, when you go out to buy a package take a few out.
- You can always pick up a travel toothbrush and paste from the dollar store. As a note, shaving cream and shavers come in travel sizes too.
- Also, in department stores they give out free samples of perfume, take those with you and add them to your kit.

Lastly, look around; you probably have extra toiletries that are non-perishable and can be put in your kit. Happy Hunting!

*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

# ▶ JUNE 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Flip a Coin Day 	2	3	4 Hug your Cat Day 	5	6
7 Nat'l YoYo Day 	8	9	10 Iced Tea Day 	11	12 Red Rose Day 	13
14  FLAG DAY	15	16 Fresh Veggies Day 	17	18	19 World Sauntering Day 	20
21 Happy Father's Day 	22	23 Nat'l Pink Day 	24	25	26 Forgiveness Day 	27
28	29 Hug Holiday 	30 Meteor Day 				