

Santa Rosa C.O.P.E. eNewsletter

April is National Volunteer Month

Across the country this month Americans will be giving their time and energy, but not getting paid for it. What gives? It's national volunteer month! A time when you have the opportunity to help your fellow Americans by volunteering. April also encompasses National Volunteer Week—7-13th. One of the greatest aspects of volunteerism is that there are so many different ways to do it, and sometimes, we volunteer without even making conscious recognition of it -- for

example, helping out at church or coaching your child in soccer. Sometimes we can only fit in one day and we serve food at the local soup kitchen or clean up the local park. Since 1989, the number of people who volunteer has increased by 60 percent. Older Americans from the Baby Boom generation are **40 percent** more likely to volunteer than the same



age groups were in 1989. [According to the Bureau of Labor Statistics](#), more than 64 million people volunteered at least once between September 2010 and September 2011. These acts all deserve to be applauded, and as the coordinator of the City of Santa Rosa COPE Program for the past two years, I want to recognize and thank the many volunteers that have made this volunteer job enjoyable.

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Volunteer District & Zone Coordinators

Radio Coordinator
Lee Dibble
District Coordinators
Angela Gelber D5
Mike Coreris D3
Sue Hattendorf & Al Thomas D7
Linda Price D6
Zone Coordinators
Elaine Sallee Z-6C
Dave Koressel, Z-11C
Jefra Parlett, Z-4C

Presenters
Cymi Seigle
Mary Taylor
Pete Peterka
Renate Fassbender



Thank you!

Volunteer Radio Communicators

Phillip KF6GNH, Lamplighter MHP
Jefra KK6DQF, Vista del Lago
Jim KK6DIJ, Silvercrest
Leona KK6EXC, Silvercrest
John KK6DQG, Vista del Lago
Iola KK6HRE, Rincon Valley Mobile Estates
Gary N2BBB, Farmers Ln & Hwy 12
Karen KK6GJW, Montgomery Drive
Wells KK6EXC, Mendocino Avenue
Eric AA6EM, CSR



Prepare, Prepare, Prepare for The Big One

Important things you and your family can do before, during, and after an earthquake:

Before an earthquake:

- Be prepared by creating a plan for how to reach one another.
- Establish an out-of-area contact who can coordinate family members' locations and information if you become separated.
- Keep copies of important documents and valuables in a fireproof storage box or safe deposit box.
- Prepare a disaster supplies kit. Keep a smaller version in your vehicle. Families with children should have each child create their own personal pack.
- Know evacuation routes. Pre-establish several different routes in case certain roads are blocked or closed.
- Decide how to take care of pets. Pets are not allowed in places where food is served – so you will need to have a place to take your pets if you have to go to a shelter.
- Don't run out of gas in your vehicle! Always run on the top half of the tank, not on the bottom half.

Sign-up for emergency digital information sent to your mobile phone <http://www.calema.ca.gov/TechnologyOperations/>

[Pages/EDIS.aspx](#)

Consider a NOAA All Hazards Radio

<http://www.nws.noaa.gov/nwr/>

During an earthquake:

- If inside, take cover using the drop, cover, and hold-on technique. If you must move to safety, take only a few steps and stay there until the shaking stops.
- If outside, stay at least 10 feet away from any building from which window glass and other debris could fall. Move away from trees, streetlights, and power lines. Crouch down and cover your head.
- If in a vehicle, slow down. Pull over or park in a location away from trees, wires, building, bridges and overpasses. Stay where you are, with your safety belt fastened, until the earthquake is over. Never stop under or on a bridge.
- If in a coastal area, move to high grounds.
- If in a mountainous area, watch for and avoid falling rocks/debris, broken roadbeds and landslides.
- If you are in bed, hold on and stay there, protecting your head with a pillow.

After an earthquake:

The disasters earthquakes can trigger (such as fires, floods,

landslides, tsunamis, and avalanches) can be even more devastating than the earthquake itself.

- Expect aftershocks (smaller earthquakes that occur after a major quake).
- Look for and extinguish small fires. Eliminate fire hazards.
- Turn off the gas if you smell gas or think it is leaking. (Remember, only a professional should turn it back on.)
- Change your voicemail message to state that you are safe and where you are located.
- Tune in for radio news updates and the latest emergency information:

KCBS 740AM; KZST 100.1FM; KSRO 1350AM; KQED 88.3FM; KBBF 89.1 FM

- If you lose electricity, use a flashlight. Never use candles because of the possibility of a gas leak and the danger of fire.

When authorities say the event has ended, check your home for structural damage, gas leaks, and fire. Report any problems to the appropriate authorities. Record any damage that has resulted from the quake.

Five Star Neighborhoods

Is your neighborhood a Five Star Neighborhood?

Measure your Emergency Preparedness Team's progress by accomplishing the following steps and reporting them to the COPE Coordinator:

STAR CRITERIA

One Star Forming an Emergency Preparedness Team; Identifying Neighborhood Leaders for small groups of households (5-20); having Neighborhood Leader Training

Two Star Drafting up a neighborhood map and a neighborhood evacuation route

Three Star Holding the first COPE presentation to the neighborhood residents

Four Star Organizing the

first neighborhood social get together

Five Star Each home has adequate water supply, first aid kit and To-Go bags

Even if the organization of your neighborhood was not done in the order noted above, as long as the steps were accomplished earns the team the stars. Submit the neighborhood map, evacuation plan, date you held the first social, invited a COPE Presenter to talk to a group of neighbors, and surveyed each family on their water supply, first aid kit and To-Go bags. And with each accomplishment, you receive a gold star!

Email lola at ibeckley@srcity.org with your report



IN AN EMERGENCY, CAN YOUR FAMILY COPE?

Santa Rosa's Fire Department and Citizens Organized to Prepare for Emergencies, aka C.O.P.E., are striving to make certain Santa Rosa is not destroyed through lack of preparedness. If we pull together and work as one, this preparedness can spare lives and property.

Become a neighbor that becomes a friend that becomes a hero.

For more information contact COPE at srcity.org/cope or call 543-3527

RADIO COMMUNICATORS CORNER

April: International Amateur Radio Month

April is recognized as International Amateur Radio month. Amateur radio, often called ham radio, is both a hobby and a service in which participants, called “hams,” use various types of radio communications equipment to communicate with other radio amateurs for public services, recreation and self-training. An estimated six million people throughout the world are regularly involved with amateur radio. Communities have formed worldwide for these “hams” to stay in touch with each other. Many of these groups have built apps and branded toolbars on the Conduit Platform.

Amateur ‘ham’ radio operators are also volunteers. They are the unsung hero’s that assist in many different disasters throughout the world as well as assisting in local sports events like bicycle, foot races, boating, among other sports activities. The COPE Radio Communicators are training, getting licenses, and buying radio equipment, in order to communicate the needs of their community in case of a disaster that affects that community. These hams are part of our local hero’s and should be recognized and thanked.

If you would like to know how you can become a volunteer ham radio communicator, simply contact the editor and you will be directed to the local experts who will assist you in your journey.



Thank You, Volunteers!

Continued from page 1

Fred KQ60B, Oakmont
Craig K6XLT, Howard St
Pat KB9NVN, Steiner Ct
Charlie KZ6T, Seville
Dennis KK6JFK, CSR
Lee KE6EAQ, Parsons Drive
Matt KJ6LJI, CSR
Nancy KI6RWF, Vista del Lago

Merci

Thank You, Community Organizers and Neighborhood Leaders

Jerry, Lumbard; Ed, Neotomas; Julie, Lakeview; Julie, Terra Linda; Sandra, Molly Ct; Jeff, LaCaida; Norman, Vallejo; Monte, Mendocino; Terry, Shady Lane; Dennis, 10th; Ken, El Dorado; Dan, Mercee; Peggy, SR Ave; Dan, Hickory; David, Pacific; Chance, Hendley; Bill, Yuerba Buena; Leona, 3rd St; Dave, Colonial; Elizabeth, Chianti; Mary Ann,

Moss Gate; Bob, Sequoia Cir; Yvette, Westvale; Bill, Anacapa; Sandy, Andy Way; Janice, Humboldt; Denise, Chanate; Jessica, Long Dr; Liz, Acacia; Paul, Rivera; Fred, Pacific; Scott; Debbie, Lake Park Dr.; Roy, St. Rose; Dennis, Battersea; Hal, Coddington MHP; Diane, Hillsboro; Diane, Sleepy Hollow; Kyra, Ballybunion; Jerry, LaCaida; Michelle, Mayflower; Maureen, Range; and **hundreds more!**



Citizens Organized to Prepare for Emergencies

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Your closest family is your neighbor.