

Citizens Organized to Prepare for Emergencies

COPE, City of Santa Rosa, CA Fire Department, 2373 Circadian Way, Santa Rosa, CA 95407

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Volume III

Issue One

PREPAREDNESS AS A GIFT



Corey Rigby

Still can't think of the perfect gift for your family member or friend? Why not give the gift of preparedness? Creating an Emergency Supply Kit for the home, car or for on-the-go is very simple, creative, and inexpensive, yet priceless during a emergency.

Step One

Buy a bin, bag, or crate to place all the necessary emergency items in. Make sure to have some extra room so they can add to the kit in the future and that it is durable. Creative Tip: You can add a personal touch by labeling the bin, "John's Emergency Kit" or picking a bin or box that is their favorite color. Adding a little something extra is an easy way to make the gift more thoughtful and sincere.

Step Two

Fill your bin or box with the following suggested items. Remember, your kit will be simply a start for whomever you give it to, so you don't need to buy every item listed below. Select items that they might not already have or possibly would not think to buy for themselves. Creative Tip: To add a style, pick a color theme for some of the items when possible.

Some suggested items for your kit:

..Water ..Food (non-perishable) ..Battery-powered radio ..Batteries ..First-aid kit ..Moist Towelettes ..Wrench or pliers ..Manual can opener ..Plastic Sheeting ..Garbage bags and plastic ties

For the Car: ..Emergency Flares ..Road salt ..Booster cables ..Fluorescent distress flag. **Winter Items:** ..Blankets ..Hat and gloves ..Ice scraper ..Rock salt ..Shovel.

For more information on Emergency Supply Kits and other suggested items to put in your kits, go to Ready.gov/build-a-kit.

**It is great to be able to say "I have my kit."
It's more powerful to say "I've got your back!"**

HOW TO START YOUR OWN PREPAREDNESS PIE PARTY

Last summer, an organization in Massachusetts called the Jamaica Plain New Economy Transition, began organizing “preparedness pie parties.” **The idea is that neighbors meet each other, share information, and identify elderly and disabled neighbors to check in with.** “It can be scary to think about, but a little bit of preparation and neighborly planning makes a huge difference,” said Samantha Wechsler, coordinator of the campaign. “Our neighbors are often our first responders after any emergency.”

In the last year, Boston experienced Hurricane Sandy, blizzards, and the Boston Marathon bombing lockdown, all experiences that have made it easier to engage neighbors to talk about preparedness. At the Pie

Parties, as Wechsler describes, “neighbors eat pie and take a few minutes to look at emergency preparedness checklists. Sometimes one subgroup volunteers to coordinate the bulk purchase of flashlights and supplies. Another puts together a simple contact list with everyone’s name and basic information.”

We call this neighborhood preparedness, C.O.P.E.— Citizens Organized to Prepare for Emergencies. What more fun could there be than eating pie?? Coffee/tea and cupcakes or cookies would work the same magic.

WINTER WEATHER TIPS

As we get into winter, and with winter weather already affecting millions across the U.S, here are some important reminders to stay safe:

- Gas stations and ATMs may not work while the power is out. Fill your car's tank and get cash out so you have what you need.
- Use flashlights for emergency lighting. NEVER use candles due to increased risk of fire.
- If using a generator during a power outage, always run it outside and away from windows to avoid carbon monoxide.

For more information visit www.ready.gov/winter-weather.

SNOW/RAINY DAYS

Are your kids home on a rainy/snowy day? Learn how to “build a kit” by playing the [Ready Kids online game!](#) Also learn with your kids about what to do before, during, and after a winter storm by visiting: www.ready.gov/kids/know-the-facts/winter-storms-extreme-cold.

FIRE SAFETY TO SHARE ON SOCIAL MEDIA

If you are on Twitter, here’s a tweet to send. Also make sure to follow [@Readygov](#) for more holiday safety messaging!

Holiday fire [#safetytip](#):

Keep candles at least 12 inches from anything that can burn

www.usfa.fema.gov/winter/.

Bennett Valley Heights

COPE Program

In a nutshell, our COPE Program has been in effect for five or so years. Sue Hattendorf and Ed Buonccorsi helped us get it started. We followed the COPE guidelines on the DVD; there was a homeowners association already in place. Using that we divided up the 116 homes into clusters of 6-10 homes. We have 15 neighborhood/clusters with a Captain and some with a First Mate as well. They all were given a COPE notebook which I prepared. Each had a list of the members in their neighborhood/cluster with pertinent address, phone number, etc. and some census forms which are on line, as you know. Each was to have the people in their neighborhood fill it out, give me a copy and put the original in the notebook. We are careful not to have the entire homeowner list in any one's computer. I have hard copies in a notebook which is kept in a place where I could locate it in case of a house collapse.

Just as the instructions say, each time the time changes, Spring and Fall, a reminder and a fresh census form is sent to all Captains and First mates.

Captains were encouraged to have a neighborhood/cluster meeting so that all are familiar with each other and circled around to see where everyone's cut off valves are.

The monthly Newsletters are sent to each Captain and First Mate. They are encouraged to forward it to the people in their cluster/neighborhood where appropriate.

We all know that our information will most likely come from the firehouse on Yulupa Avenue which is within walking distance of our homes.

At a homeowners meeting three years ago, I persuaded our local ACE hardware to donate a disaster kit for 2 to be raffled. It was hugely successful. At the time I bought the kits for my



**Brookwood Mobile Home Park
COPE Preparedness Committee
will be sponsoring an**

All You Can Eat Crab Feed

**To raise funds for our
Community Supply trailer.**

February 8, 2014

**6 p.m. in the Clubhouse
7000 Montecito Blvd.**

across from Maria Carillo High School.

**Seating is limited and
by ticket only.**

**Cost of the ticket is \$25.00.
The deadline for purchasing tickets
is January 31st.**

**For tickets contact
Cymi Siegel at 527-5378 or
Mary Ann O'Neil at 540-0794.**

**Doors open at 5:30.
There will be a raffle of Emergency items.**

husband and I. ACE has print-out forms for kits for one, two, four etc. Agreed, most of the things in the kit one has around home. The joy of it is that it is all in one place!

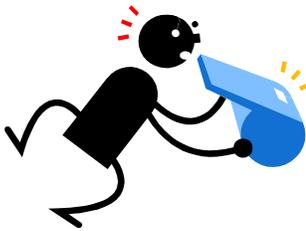
I've helped the Vista Del Lago get organized as well as another neighborhood in the 95405 postal area.

I will be moving in the spring. Myra Slatoff has stepped forward to replace me. I am most grateful.

Diane Cox, COPE Community Coordinator

Whistles and Flashlights

Know the Codes



The first thing that COPE recommends when getting started with your preparedness plan, is to keep a whistle in a pair of slip-on shoes or hard sole slippers, along with a flashlight, by the side of your bed that you get in and out of. This keeps these basic necessities where you can grab and go in case a fire or earthquake happens at night. It takes mere seconds to grab the whistle and flashlight and slip on the shoes so you can see where you are going, what might be on the floor (broken glass, etc) and to have the whistle ready in case you get trapped in a room and can signal for help.

Having a flashlight with extra batteries will come in handy if all the power is off, or you need to signal for help using light.

KNOW THE CODES!

To be used with both flashlight and whistle:

- 1 flash or blast = YES
- 2 flashes or blasts = NO
- 3 flashes or blasts = HELP!

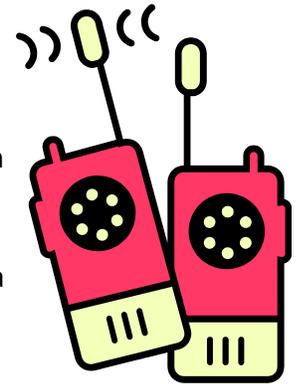


*Replace fear of the unknown
with curiosity.*

Radio Communicators Corner

So you have your Ham Radio License—now what?

With several COPE community leaders acquiring their radio license so they can communicate their community needs following a devastating earthquake or other disaster, and I am one of them, we find it a little difficult to get the radio training that we need to feel comfortable using the radio. Mic fright sets in, the brain does not work. When is it my turn to talk? How do I send a message in an emergency? What is ‘Net Control’? So much to learn that was not covered in the licensing period.



Lee Dibble, COPE Radio Coordinator, and I, City of Santa Rosa COPE Coordinator, are putting together two sessions to help new—and seasoned

operators who want to brush up on their skills and meet the other COPE operators— to learn about messaging, transmitting, radio protocol, and how to become part of the radio community.

Non-licensed COPE leaders are also encouraged to attend these sessions so they can assist the licensed radio operators with message control, logging, organizing, and to simply learn to assist in an emergency.

Please email me at ibeckley@srcity.org for more information and to sign up for these sessions.

Or call me at 543-3427.

**Thursday evenings: January 23rd and 30th
6:30—8:30 pm**

Fire Department Headquarters Conference Room
2373 Circadian Way, behind Fire Station 10 that faces Corporate Center Parkway.

Open to the public— Limited to 30 participants
Bring your radio with you for some actual air time.
Eric McHenry will program your radio if you need it!

Iola Beckley, Editor, KK6HRE
City of Santa Rosa COPE Coordinator