

CITIZENS
ORGANIZED TO
PREPARE FOR
EMERGENCIES

C.O.P.E. eNewsletter

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Doing Their Jobs

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Following the 6.0 West Napa Fault earthquake, I wanted to know how our preparedness system was working - or not! I asked, and I received:

Hi Iola~
Just wanted to report on the outstanding job our staff did early Sunday morning after the quake. We at Becoming Independent have gone to great lengths to train and prepare not only our staff but the clients we serve for situations like this. Sunday morning was eventful and gratifying in many ways.
Within approx. 30 mins after the quake at 3:20 am, our emergency procedures were put into action. After staff ensured that their family members were secure, they hit the ground running. They were out either checking on clients or

phoning them to check in. Every one of our Sonoma, Napa, Vallejo and American Canyon clients were contacted either by phone or face to face. I can't tell you how proud I was of all the staff who got out there and helped clients sweep up broken glass and fallen items, ensuring they had what they needed to feel safe in their homes. Clients were left with a sense of security and knowledge that someone was there for them in their time of need.

We are thankful for all of the training from COPE, Red Cross and Cert. Because of all that training we were prepared to not only help ourselves but to help the people we serve.

A perfect wake-up call. Al

Thanks for the training ~ it works!!!
Carmen Ynostroza
Becoming Independent

Thanks Iola,
What timing for us to have just gone through the training!
The only thing I have to share is my girlfriend said "you just went through an emergency preparedness workshop for earthquakes, and then we have one---no more classes for you!"
(But it won't really stop me) -ha.

Thanks again~
JoRene Woodworth | Recreation Specialist
Recreation & Parks |

Hi Iola, 6 of our team members were on our streets with walkie-talkies and flashlights at 3:25am!! We walked the whole park to assess damage and/or gas and water leaks!
Anne Shapiro

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National Preparedness Month 2014

Be Disaster Aware, Take Action to Prepare

September is NPM "Be Disaster Aware, Take Action to Prepare"

"It is just horrific. It is like a war zone... I can't quite comprehend it - we came away for holiday."

- Nicola Barton, Survivor of 2004 Indian Ocean Earthquake and Tsunami

As Americans across the country head into the final stages of summer, many of us are finally gearing up for that much needed vacation. From finding pet-sitters, to setting out-of-

office replies, there are many ways that we prepare our homes and our home life for a vacation. It's vital to remember that emergency preparedness is important even when you travel—life doesn't take a vacation, and neither do disasters and emergencies.

Whether traveling domestically or abroad

there are many disasters, both man made and natural, that you should be mindful of and prepare for prior to traveling.

Head over to Ready.gov/September for more information about National Preparedness Month, including weekly breakdowns and many other resources as we move towards September!

Radio Communicators Corner

By the time you read this article, three or four more fire stations will have their new radio's installed. Stations #8 (Burbank Street), #3 (Coffey Lane), and #24 (Todd Road), will be installed on Sunday, August 31st. Stations # 4 Yulupa Avenue) and #6 (Calistoga Road) were completed last month. More effort will be made to have the remaining six stations completed as soon as possible. The recent Napa earthquake was a clear reminder that we need to accomplish these tasks more sooner than later.

On September 18th our newly licensed radio communicators will learn how to use their radio and how to use the frequencies to get their reports to the Emergency Operating Center (EOC). On September 25th all COPE Radio Communicators will have their Orientation and

final training so they can deploy to their assignments in the case the City has a need during an emergency.

Thanks to Eric McHenry, Matt McGrary, Lee Dibble, Jim Dreager, and lola Beckley, the radio installations will be completed in time for the October 18th Drill. It is *strange* that we would have our *test (the Napa Earthquake)* before the first *drill!* The recent earthquake woke us all up to the fact that things have to be done *now* and not next week!!

If your group will be participating in a drill between now and October 18th, and will be submitting a Windshield Survey Report, please let lola know so final instructions can be shared with those participating. (ibeckley@srcity.org)

Filling To-Go Bags

At a recent get-together of COPE Neighborhood Leaders, Chris, from the Lamplighter Mobile Home Park was asked to share how she was able to fill bags for her group. Here is her report:

Recently the group leaders for COPE here at the Lamplighter Mobile Home Park, launched a project to supply the residents with the handy "TO GO" bags. Each leader did as their group wished. Some wanted them filled, some did not. Mine were almost unanimous about receiving them full. One neighbor in my group set out to accomplish that with me. We began with what we had on hand and could donate ourselves toward the 14 bags. The first thing we did was to save rolls of toilet tissue with about an inch left on them. Iola had suggested that during her annual visit to our park. Inside the roll, we placed tightly rolled Kleenex. We folded paper towels to fit in a Quart zip lock Bag and in Snack Size added cleansing wipes rolled tightly. Our price comparing began and we visited local businesses for other donated items. 2oz bottles for Sanitizer, at cost of 1 oz. We filled them from 32oz bottle of sanitizer. Labels were made and donated by another of our group. Those bottles and a .25 - 1.7oz bottle of shampoo (for body or clothing) went in with the paper items. We found multiple small toothpaste, multi-pack tooth brushes, Floss Picks; large boxes of latex-free band aids and daily pill holders, at Big Lots for the best prices. 3x5 cards for documenting Phone Numbers, Medication/Insurance info and leaving notes behind, were donated by my helper, Norma. Small "Sharpie" pens were donated. Being waterproof makes them useful for many things. "Golf" pencils finds; paper clips, safety pins, rubber bands, string, stick matches, and even plastic whistles, were put into a Snack Size bag. LED "UP" Lights were available there and safer than candles, too, as well as ponchos. One store assistant manager gifted us with safety masks along with Headlamps

so a flashlight doesn't have to be held. All contents are placed in zip locks for protection.

Hospitals or doctor's offices are another source for latex-free gloves, masks, Alcohol Wipes, and other possible items. Some businesses need corporate requests before donating their items were, others require a request on letterhead with a Tax ID# but would donate supplies if requested.

The remaining items were purchased.

Protein Pars Alcohol Wipes

Trail Mix Latex-Free Vinyl Gloves Fruit Nut Bars
Batteries 8oz. Bottled Water to take meds
Surface Sanitizer Wipes (wound tightly in 1/2 cup storage containers with lids)

Other items added were:

Empty Trash bag , Small and Large Zip locks
(empty) ALL BAGS STORED INSIDE ONE
Grocery Plastic Bags (for animal waste etc.)

A List of Contents was attached to the outside of the bag along with a Suggested Item list to Add
Keys Spare Glasses Copy of I.D.'s/Medical
Cards Policy/Account #'s , Contact #'s
List of Meds plus 3-5 day supply of Medications
(Mark expiration/rotate) Personal Hygiene Items
Undergarments Knife or Scissors , Tape , Pet
Food/extra Leash etc.

Spare charger

I suggest to everyone to get into the habit of "taking" the bag with them in their car. It is, after all, called the "TO GO" Bag.

My contact information is on a card inside each teams 'to go' bag so if they need assistance completing the bag for "readiness", having a spare key made or anything else, they know they can reach me.

Sometimes just a gentle reminder is necessary to complete things we put off. In the meantime, we are more prepared than we were and it was a pleasure to be able to do this. I appreciate all those who assisted in this endeavor. Everyone benefits when we work together.

Chris Faso

Doing Their Jobs

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Thanks Iola,
 Jim and I debriefed this morning, many opportunities to learn especially considering the media was silent till 5ish. I for one have repacked my to-go box and jumper box to the closest side door in the garage from the middle of the house. Had many discussions with dear husband how we would proceed. The amount of car alarms was interesting....Take Care
 Karen
 Matanzas School Area

Hi Iola,
 Very nice article. I hope it motivates everyone to get ready for even a bigger one.
 Fred
 Oakmont

Iola, several of our neighborhood leaders were about inspecting the neighborhood immediately following the earthquake. They had their walkie-talkies with them and were prepared to assist anyone who may have had damage or were possibly hurt.

Jefra
 Vista del Lago

Thank you for the update. Now back to the TV for more information. Janet

Hi Iola
 This morning I posted on Next Door about earthquake prep and a man replied saying he'd like to help - and that he has his ham license. . . Yeah!
 Dave
 JCNA

A perfect wake-up call. Al
 Oakmont

Thank you for your letter Iola, once again we see the importance of preparedness!
 -Nancy Coddling

The CHP encourages members of the public to alert us to roadway damage by calling our non-emergency line at 1-800-TELL-CHP (1-800-835-5247). If roadway damage presents an emergency situation (threatens the safety of the public), immediately call 9-1-1.

We thank the community for their assistance."
 CHP

WE'RE NOT SCARED, WE'RE PREPARED!

We're spreading an emergency preparedness message with a K-pop twist: <http://vimeo.com/72173431>. The Hawaii Dept. of Health Public Health Preparedness program is sponsoring an original piece being performed by the Honolulu Theatre for Youth after every performance of their production, A Korean Cinderella. The K-pop-rap-dance piece reminds everyone of essential items needed in an emergency kit. We're asking everyone to share the catchy video with friends and family so they can say, "we're not scared, we're prepared!" during NPM! See the video at: <http://vimeo.com/72173431>



2014 Resolution Develop your home fire escape plan

- Draw a floor plan of your home and know at least two ways out of each room.
- If your alternate escape route is a window, be sure it is not painted shut or blocked by furniture or other objects. Do not have a screwed-on screen or security bars that do not open from the inside.
- If you have windows above the first floor, make an escape plan accordingly. There are a wide range of window ladders that can be purchased. Remember that most fires happen in the middle of the night.
- Choose a meeting spot away from the residence where every member of the household will meet after they have escaped.
- Never allow any member of your family to re-enter a burning structure after you have escaped. No material item, no matter how special, is worth losing your life.
- Once you are out of the house and away from danger, report your emergency by calling 9-1-1.
- Be sure that your house number is displayed with large numbers in a contrasting color that can be seen easily from the road by the fire department.
Teach emergency procedures to your children. Check out [Sparky's page](#) for the kids!
- Fire and smoke are frightening and the impulse for children to hide is natural. Teach your children that they must escape from a fire and never hide.
Hold a fire drill every six months by pressing your smoke alarm test button without warning the family. How fast can they get out? Did they know two ways out of the room? Did they remember the meeting place?

The Santa Rosa Fire Department wants you all to practice your escape plan today. Home fires are always unexpected, but your reaction can be planned