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| **No meeting in October!** There will be no lunch meeting in October due to the Oil Show in Odessa on Wednesday, Oct 17th.**We look forward to seeing you for the November meeting at Ranchland Hills, and the Christmas Party for all members and one guest.  More information will be provided for these events.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**July in Review**     Kevin Chance, an officer with the Odessa Police Department, was our speaker, and the topic was " **ADD--**Avoid, Deny, Defend Responses to an Active Shooter Situation." He called it "A Civilian Response to Active Shooter Events."  The first step is to "Avoid" a situation, be aware of your surroundings. In other words, don't walk and have your eyes on your cell phone, checking email. When a person is distracted, it is very easy for another person to take advantage of the situation. If you think you hear repeated loud bangs, don't hesitate, move immediately to the closest **safe** exit. Keep objects between you and the shooter.  The second step is to "Deny" access to an entry point. Close doors, and lock them if possible, turn off lights, barricade the door, if possible move into adjourning rooms, **keep out of sight.** If unable to move into another room, stand so you are not in direct eyesight of a person entering the room. Turn off phones, **have a back-up plan,** in case the room is entered.  The third step is "Defend" yourself with what ever is at hand, and fight until one of you is unable to fight any more. **Don't fight fair!!** **Be** **aggressive. Call 911 when you can, provide all the INFORMATION you can, don't guess, or make assumptions! What you do matters; and may save your life.**  It is the Law Enforcement's job to ID the shooter, ***so follow :***1.                  **All** their command. 2.                  Show your hands3.                  Do not move until told to do so. You can find further information on: [www.avoid,deny,defend.com](http://www.avoid,deny,defend.com)  From the school shootings, it has been found that "Hiding" is not a good stragity. Basically you are trapping yourself in a situation where death will be a likely, if not certain outcome. If you are hiding in a bathroom, usually there is only one entrance, the stalls offer little protection from bullets. The same goes for hiding under desks.  In an attempted mass murder situation, the weapon of choice is not always a gun, or guns. Cars, knives and other weapons have been used.   There is no profile type for the person who attempts to kill large numbers of people. Usually it is just one or two people, the FBI has stated that a large number are not often involved, because one or two will insert some common sense into the planning. The persons will have an "avenger" mindset, like the man who killed the doctor in Houston. It is always right or wrong reasoning. Many will broadcast their intent on social media, or will tell another person.  There are risk factors that can be observed, such as a history of violence, a frequent exposure to violence in movies and/or games, a history of stalking, harrassing or threatening others. Frequently there is a history of negative family dynamics (abuse), the person is isolated socially or is emotionally unstable enough that others are concerned.  From 2000-2017 there have been 242 incidents of mass killings, and they all have been covered by nationwide media. Some of them have been copycat killings or influenced by previous ones. Law enforcement will not name the attacker, since they are doing this for name recognition; instead they concentrate on the heros. Fifty percent (50%) of them have been in commerical settings; with 55% having some connection to the business or employees. Other settings for mass killings have been institutions of education, or out-door locations or other random areas.  Officer Chance went over several mass killings that had occurred over the years, and offered in some cases ways to get out of those situations alive. In New York, 17 people were run over by a truck, in Las Vegas, the attack was pre-planned, so the people who survived found cover, or were able to get out of the area. In Sutherland Springs, the men who took down the shooter were able to get out of the church, and retreive their guns and shot the intruder.  Most of the time the killer will hit any target available, and he will have only about 3 minutes to take advange of the situation. The national response time for law enforcement is 3 minutes. So your job is to protect yourself until the threat is gone or until law enforcement gets to your location.  In any disaster there are three stages of response: **Denial--**we were told to spend as little time in this stage as possible. **Deliberation—**analize the situation, where are the closest exits etc. The human brain can analyize the situation, our lizard brain uses fight or flight mode, or freezes. **Action—**This is the stage that is the most productive and where we need to spend the most of our time. Keep calm and carry on. Calm your heart rate and breathing, shift your emotions to a calmer state, stay physically fit, so that you can protect yourself.  Officer Chance says he plays "What If" games to stay mentally sharp. Script out your responses in different situations, and locations. Practice your responses. Get first aid or EMT training. People are going to need help, and being able to put a tourniquet on a limb can save that person's live. Expect mental trauma, even trained first responders will have this to a degree. Be willing to share and verbalize your feelings. Don't deny your gut responses, if your first thought at hearing a sound is "that sounds like gunshots" don't argue with yourself; go with your first response.   Don't wait to be shot, one girl who survived a school shooting said everyone in the room played dead. The sad part of her situation was the shooter left the room a couple of times, and no one alive left the room after the shooter did. They all waited to be shot. Hiding and hoping not to be shot doesn't work either, usually where you are hiding isn't bullet-proof; and you won't have an exit much less a safe exit nearby.  **AVOID--**Your best response is to avoid the situation altogether, or run as soon as you see a dangerous situation developing. Leave ASAP, know your exits, and call 911 as soon as you are safe. Consider secondary exits, not necessarily the main exits, as they may become jammed with people trying to leave and block the entrance for others, knock holes in the wall if necessary.  **DENY—**Lock doors (or barracade—the heavier the objects the better, if doorstops are avialable use them to help barricade the door, can double doors be tied together(?) use the tension sleeve to keep the door shut, or buy commerical door locks), turn out lights, stay out of sight.   In one classroom at Virginia Tech, the door opened into the room. The people in that room had a couple of minutes to formulate a plan, one person laid down in front of the door, then the rest of the people in the classroom, laid down on the floor in a piramid shape and their combined weight en mass was enough to keep the shooter out of the room, and even if he shot into the door, they were low enough that none would get shot.  **DEFEND—**Can you position yourself in the room, so that you can grab the gun, or be in a position to fight with the intruder? Once you engage the person, fight until he is overtaken.  In the shooting at Trader Joe's last month, Sean Gerace an employee was working the the back of the supermarket, as soon as he heard gunfire, grabbed several of his co-workers and the group made their way into an upstairs storage area. He grabbed a folding ladder and tossed it out a window, helping his colleagues escape to safety. He told the TV reporter, "I grabbed an emergency ladder, barricaded the hallway, and just tried to get the attention of the SWAT officer.  The law enforcement's job is to stop the killing and dying, the paramedics can evacuate the injured. So once the law enforcement shows up: **FOLLOW THEIR COMMANDS. SHOW YOUR HANDS, DO NOT MOVE UNTIL TOLD TO DO SO!****Companies should develop a critical incidental stress management plan!**  One of the main points that Officer Chance brought out was: **IF YOU ARE A LICENSED HANDGUN CARRIER, DO NOT LEAVE YOUR IMMEDIATE AREA, TO HUNT THE SHOOTER. LAW ENFORCEMENT WILL SHOOT FIRST AND ASK QUESTIONS LATER.** |
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