



this issue

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Seven Steps to Earthquake Safety

One of the most effective ways to promote preparedness in our community is through neighbor to neighbor conversations. The Seven Steps to Earthquake Safety is an easy and effective way to help your neighbors plan and prepare.

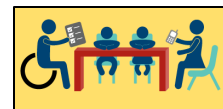
Step 1: Secure Your Space

Identify hazards and securing moveable items.



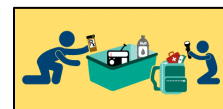
Step 2: Plan to Be Safe

Create your emergency plan and decide how you will communicate.



Step 3: Organize Emergency Supplies

Make sure that they are easily accessible.



Step 4: Minimize Financial Hardship

Organize important documents, strengthening your property, and considering insurance coverage



Step 5: Drop, Cover and Hold

Practice with your family and friends.



Step 6: Improve Safety

By evacuating if necessary, helping the injured, and preventing further injuries or damage.



Step 7: Reconnect and Restore

Reunite, repair damage, and begin rebuilding your community.



TRAINING

CERT members are encouraged to keep learning and seeking out classes that will strengthen their skills.

**BE RESPONSIBLE!
BE READY!**



SIZE-UP, ALWAYS FIRST STEP

In any CERT operation the Team members need to conduct a size-up before taking any actions. The nine steps of size-up are:

1. Gather Facts
2. Assess Damage
3. Consider Probabilities
4. Assess Your Situation
5. Establish Priorities
6. Make Decisions
7. Develop Plan of Action
8. Take Action
9. Evaluate Progress

Search Markings

Experienced search and rescue personnel use the following system. CERTs will use the same system. This will save time for fellow CERT volunteers and other responders during the search and continual size-up of the structure.

Date
Time In
Time Out

CERT I.D.

Areas Searched/Notes

Victims



JOIN OUR TEAM



We're still looking for volunteers to join our team and help promote emergency preparedness districtwide!

VOLUNTEER SUPPORT OPENINGS!!

- CERT Logistics Team
- CERT Communications Team
- CERT Area Team Liaisons

Sign-Up on the New Website
www.menlofirecert.com

Registration Opens Oct 18th!

**EARTHQUAKE
BRACE+BOLT®**

Grants to Seismic Retrofit Your Home!

Get up to \$3,000 Toward an Earthquake Retrofit

Earthquake Brace + Bolt (EBB) helps homeowners lessen the potential for damage during an earthquake. EBB offers a grant of up to \$3,000 toward a seismic retrofit for qualifying older houses. [EBB Program Information](#)



CERT DISASTER READY QUIZ

Each month two individuals will be entered into a raffle to win an emergency preparedness prize. In order to be eligible for the raffle, you will need to submit your answers through this [online form](#). You must answer all questions correctly to be eligible



Victoria Valencia

LIGHT SEARCH & RESCUE

<p>1. Size-up includes these nine steps: Gathering facts; Assessing damage; Considering probabilities; _____; Establishing priorities; Making decisions; Developing a plan of action; Taking action; and Evaluating progress.</p>	<p>A. Airway, breathing, circulation B. Time of day C. Resources available D. Assessing your situation</p>
<p>2. During search and rescue operations the top priority is always?</p>	<p>A. Focus your efforts on those who are trapped. B. Rescuer safety C. To minimize the time, you are in a damaged building. D. Make sure that no victims are missed.</p>
<p>3. CERTs describe different locations within and around the structure by using the _____.</p>	<p>A. cardinal compass points. B. left, right, front and rear nomenclature. C. A, B, C, D standard. D. clock bearing standard.</p>
<p>4. Which of the following is not a standard member of a cribbing team?</p>	<p>A. Group leader B. Scribe C. Crib person D. Lever person</p>
<p>5. _____ cribbing means arranging wood pieces alternately to form a stable structure.</p>	<p>A. Rectangle B. Circle C. Triangle D. Box</p>



September winners

Victoria Valencia & Erika Froelicher



Crank Radio



Fire won't wait. Plan your escape.™



firepreventionweek.org

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Come join the Menlo Park Fire Protection District celebrating Fire Prevention Week 2022

We will be opening Station 6, the new Schapelhouman Museum and the carriage house.

Come take a ride on Old Tom Fire Engine and have light snacks.

There will be an auction taking place for the Month of October auction items include:

Pizza for 6 at Station 6

Have an Engine Take Your Child to School Day

Engine Company to Deliver a Birthday Gift

Fire Chief for the Day

Stanford Park Hotel - 2-night weekend stay with brunch for up to four

Four Seasons Hotel – 2-night weekend stay with brunch and dinner for two

Park James Hotel - 1-night weekend stay with overnight valet parking and \$150.00 credit to Oak+Violet

Please click the link below to make a bid.

www.one.bidpal.net/menloparkfire

All proceeds benefit the Alisa Ann Ruch Burn Foundation www.aarbf.org

Where: Station 6 - 700 Oak Grove Ave. Menlo Park CA 94025

When: October 8, 2022

Time: 1:00 pm – 3:00 pm

**Apply between Oct. 18
and Nov. 29, 2022**
(See below for details.)



Receive up to \$3,000 toward an Earthquake Retrofit

Earthquake Brace + Bolt (EBB) helps homeowners lessen the potential for damage during an earthquake. EBB offers up to \$3,000 toward a code-compliant seismic retrofit for houses that qualify.

A Brace and Bolt Retrofit

In an EBB retrofit, the foundation is bolted, and if there is a cripple wall, it is braced.

- **Bolting:** adding anchor bolts in the crawl space to help prevent the home from sliding.
- **Bracing:** adding plywood to the cripple walls to stiffen them and help prevent the home from collapsing.

Supplemental Grants Available

EBB is offering a **Supplemental Grant** to help income-eligible households pay up to 100 percent of the cost to seismically retrofit their homes. Income-eligible is defined as a household with an annual income at or below \$72,080.

Register for EBB:

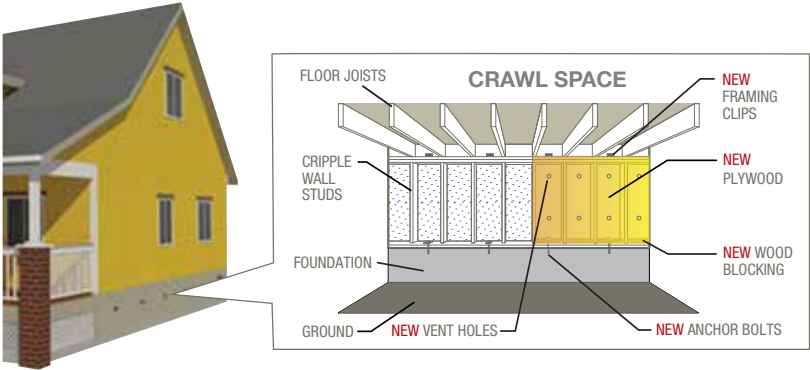
Go to **EarthquakeBraceBolt.com** between October 18 and November 29, 2022. Create an online account and answer questions for an opportunity to participate. Participants will be randomly selected.

A permit must not be issued before you have been accepted into the program, and retrofit construction work must not begin before being notified by EBB that your pre-retrofit documents have been approved.



EBB has helped more than 17,000 homeowners seismically retrofit their older house. EBB is working to create more resilient communities, one house at a time.

NEW ELEMENTS MAKE UP A SEISMIC RETROFIT



Houses that qualify, typically:

- Are built before 1980 (but are more prevalent before 1940);
- Have a raised continuous perimeter concrete foundation;
- Sit on level ground or a low-slope; and
- May have wood-framed walls (called cripple walls) in the crawl space under the first floor.

2022 PROGRAM AREAS*

New program areas for 2022 in **red**
 (*Eligibility is solely based on ZIP Code, not city or neighborhood.)

NORTHERN CA

Alameda	Castro Valley	Half Moon Bay	Mountain View	Richmond	Scotia
Alamo	Colma	Hayward	Napa	Rio Dell	Scotts Valley
Albany	Concord	Healdsburg	Newark	Rodeo	Sebastopol
Alviso	Crescent City	Hillsborough	Oakland	Salinas	Sonoma
Aptos	Crockett	Hollister	Occidental	San Anselmo	Soquel
Arcata	Cupertino	Inverness	Orinda	San Bruno	South San
Aromas	Daly City	La Honda	Pacifica	San Carlos	Francisco
Atherton	Danville	Lafayette	Palo Alto	San Francisco	Sunnyvale
Bay Point	Dillon Beach	Laytonville	Penngrove	San Jose	Sunol
Bayside	El Cerrito	Loleta	Petaluma	San Juan Bautista	Trinidad
Belmont	El Sobrante	Los Altos	Petaluma	San Leandro	Ukiah
Ben Lomond	Emeryville	Los Gatos	Piedmont	San Lorenzo	Union City
Benicia	Eureka	McKinleyville	Pinole	San Martin	Vallejo
Berkeley	Fairfax	Mendocino	Pittsburg	San Mateo	Walnut Creek
Blue Lake	Felton	Menlo Park	Pleasanton	San Pablo	Watsonville
Bodega Bay	Ferndale	Mill Valley	Point Reyes	San Rafael	Willits
Bolinas	Fort Bragg	Millbrae	Station	Santa Clara	Windsor
Boulder Creek	Fortuna	Milpitas	Portola Valley	Santa Cruz	Woodside
Brisbane	Foster City	Monta Vista	Redwood City	Santa Rosa	
Burlingame	Fremont	Morgan Hill	Redwood Valley	Saratoga	
Campbell	Gilroy	Mount Hamilton		Sausalito	

SOUTHERN CA

Alhambra	Corona	Hemet	Lynwood	Pearblossom	Simi Valley
Altadena	Coronado	Hermosa Beach	Lytle Creek	Pico Rivera	South El Monte
Anaheim	Covina	Highland	Manhattan Beach	Playa Del Rey	South Gate
Arcadia	Crestline	Huntington Park	Maywood	Pomona	South Pasadena
Azusa	Culver City	Indio	Mentone	Quartz Hill	Sun Valley
Baldwin Hills	Desert Hot	Inglewood	Mission Hills	Redlands	Sunland
Baldwin Park	Springs	Irwindale	Monrovia	Redondo Beach	Sylmar
Banning	Diamond Bar	La Cañada	Montclair	Reseda	Taft
Beaumont	Dockweiler	Flintridge	Montebello	Rialto	Tarzana
Bell Gardens	Downey	La Crescenta	Montecito	Riverside	Temple City
Bellflower	Duarte	La Habra	Monterey Park	Rosemead	Torrance
Beverly Hills	Eastvale	La Habra Heights	Newhall	Running Springs	Tujunga
Bloomington	El Centro	La Verne	North Hills	San Bernardino	Upland
Burbank	El Monte	Lake Arrowhead	North Hollywood	San Diego	Valley Glen
Calimesa	El Segundo	Lake Balboa	Northridge	San Dimas	Valley Village
Carpintera	Fillmore	Lake Elsinore	Norwalk	San Fernando	Van Nuys
Carson	Firestone Park	Lake Los Angeles	Ojai	San Gabriel	Venice
Cathedral City	Fontana	Lakewood	Ontario	San Jacinto	Ventura
Cedarpines Park	Forest Falls	Lancaster	Oxnard	San Marino	View Park
Chatsworth	Frazier Park	Lawndale	Pacific Palisades	San Pedro	Walnut
Cherry Valley	Fullerton	Leimert Park	Pacoima	Santa Barbara	Watts
Chino	Gardena	Leona Valley	Palm Desert	Santa Clarita	West Hollywood
Claremont	Glendale	Littlerock	Palm Springs	Santa Margarita	Westchester
Coachella	Glendora	Loma Linda	Palmdale	Santa Monica	Whittier
Colton	Goleta	Lomita	Panorama City	Santa Paula	Wilmington
Commerce	Granada Hills	Long Beach	Paramount	Sherman Oaks	Wrightwood
Compton	Hawthorne	Los Angeles	Pasadena	Sierra Madre	Yucaipa

*For a complete list of 2022 EBB ZIP Codes, go to EarthquakeBraceBolt.com



**EARTHQUAKE
BRACE+BOLT®**
 Powered by Cal OES & FEMA

EarthquakeBraceBolt.com

(877) 232-4300 • info@EarthquakeBraceBolt.com

The California Residential Mitigation Program (CRMP) is a joint powers authority created by the CEA and Cal OES. CRMP is a legally separate entity from its members.