



# Newsletter



VOL XI NUMBER 2

Nonprofit Newsletter Published Monthly

February 2004

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Kleinfelder

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## “State of Southwest Division NAVFAC” CAPT Chris Schanze

*Commander, Southwest Division Naval Facilities  
Engineering Command*

### Wednesday, February 11<sup>th</sup> 2004

**Where:** Holiday Inn on the Bay, Harborview Room

**When:** 11:30 a.m. Registration  
12:00 p.m. Lunch commences

**Cost:** \$ 22 Regular members  
\$ 10 Junior Officers, O-4 and below  
\$ 10 GS-12 and below  
\$ 27 Walk-ins

**RSVP:** [www.registerme.biz/SAME/same.htm](http://www.registerme.biz/SAME/same.htm)  
or (619) 267-2236

[Cancellations must be called in prior to 3:00 p.m. February 10th 2004](#)

### CH2MHILL Inc. January's Featured Firm



**Our February featured firm is  
CH2MHILL, Inc. Come join us  
at our regular place and time to  
hear more...**

### Meetings & Future Events [www.same.org](http://www.same.org)

**MARCH 2004:** COL Thompson,  
USA—U.S. Army Corps of Engi-  
neers Los Angeles District

**APRIL 2004:** BRAC—Mr. Cassidy

**MAY 2004:** Scholarship/Awards

**JUNE 2004:** TBD

**JULY 2004:** TBD

## President's Message

Greeting to the membership of S.A.M.E.'s San Diego Post. On behalf of our Board, I'd like to invite you to take a more active role in your local Post activities. We've been working very hard to include current information about our members and their efforts on behalf of the nation and the San Diego community. If you are a member and wish to be recognized for community involvement, send a 100 word article and some pictures to our Programs Director, Pat Rios at [jorge.rios@navy.mil](mailto:jorge.rios@navy.mil) or call him at (619) 532-1693.

I'd like to thank Garry Bonnelli for his fine presentation last month. He provided us some great information

on San Diego Association of Government's (SANDAG) 2030 Mobility Plan and the future of our local transportation infrastructure. I think we all particularly enjoyed the active (and extended) question and answer period that followed. Garry, thanks for speaking to us and bringing us up to speed on a program that is vital to our city's future development! S.A.M.E.'s membership looks forward to actively participating in the future of "America's Finest City".

Our February guest is our own Post's First Vice President, CAPT Chris Schanze, CEC, USN - Commander, Southwest Division Naval Facilities Engineering Command. He'll be speaking to us on the future direction of the Navy's lead engineering/

construction organization on the West Coast. In my past discussions with Chris, he's let me know that there are many new happenings within Naval Facilities Engineering Command that will shape the future of Southwest Division and impact the architect/engineer and contractor community that serves the Navy. I am sure that like me, you are all really looking forward to hearing what is coming up!

Please join us in welcoming CAPT Schanze at 1130 on February 11th, 2004 at the Holiday Inn on the Bay. Until our next meeting, please take care of yourselves. Be safe and well!

John Moossazadeh  
Post President

## Scholarship 2004 Campaign!

The San Diego Post is beginning a campaign to raise funds to enhance the Post's Scholarship Trust, which was started in 2000 using the proceeds of sponsoring the National Conference. In 2003, we awarded five \$2,000 scholarships to worthy students and would like to increase this amount to account for climbing tuition costs. To accomplish this, your help is sought! ***Firms donating \$5,000 will have a named scholarship for 3 years.*** Please join us in this worthy endeavor to encourage applicants to the engineering and architecture fields.

## Small Business Outreach

As part of the SAME Small Business (SB) Outreach effort, the San Diego Post will provide SB members a table display area during the monthly Post meetings. SB SAME members will be encouraged to use the table to display their marketing information including relevant company brochures, flyers, and business cards. The display will unite both small and large engineering businesses serving the military. The purpose of the Small Business Outreach initiative is to "garner post level support for small business" and to "create a pipeline to ensure we are serving our small business members".

## Thank You Scholarship Benefactors!

***Please join us in thanking our most recent scholarship contributors for their generosity!***

PAOLUCCIO  
PAOLUCCIO  
ASSOCIATES  
Architects Engineers

## San Diego Post Calendar of Events

Reminder: Update your address with SAME National HQ !!! Also, provide your e-mail to the Registrars.

### *February 2004*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
Monthly Business Luncheon						
8	9	10	11	12	13	14
15	16	17	18	ASMC Monthly Luncheon		
22	23	24	25	26	27	28
29				Board of Directors		

### *March 2004*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
Monthly Business Luncheon						
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	Board of Directors		



**Captain Chris Schanze** assumed command of Southwest Division, Naval Facilities Engineering Command in San Diego, California in August 2002. Southwest Division is one of four engineering field divisions within the Naval Facilities Engineering Command and is responsible for the planning, design, and acquisition of facilities and the acquisition and disposal for real estate on the West Coast. The command also provides technical advice and support in the areas of environmental compliance, base closure and realignment, and the operation and maintenance of facilities.

Captain Schanze received his commission through the NROTC program in December 1977 upon graduation from the University of Florida with a bachelor's degree in civil engineering. In June 2000, he reported as Vice Commander, Pacific Division, Naval Facilities Engineering Command (PACDIV). Before coming to PACDIV, he served as the Public Works Officer, Naval Air Station Patuxent River, Maryland, with additional duty as the Staff Civil Engineer for the Naval Air Warfare Center, Aircraft Division. Captain Schanze's first assignment was in public works at the Naval Weapons Support Center in Crane, Indiana. In 1980, he was assigned as the Resident Officer in Charge of Construction for Truk District, Trust Territory of the Pacific Islands, managing construction contracts in support of the Interior Department's Capital Improvement Program for the Trust Territories.

Following postgraduate school at the University of Florida, where he earned a master's degree in civil engineering, Captain Schanze reported to Naval Mobile Construction Battalion (NMCB) 133 in 1983, serving as Company Commander at Puerto Rico and Officer in Charge of Detail Adak, Alaska. While serving with NMCB 133, they won consecutive Atlantic Fleet Best of Type awards and Peltier Awards as the top SEABEE battalion in the Navy. In 1985, Captain Schanze reported to the Twentieth Naval Construction Regiment as Assistant Chief Staff Officer for Operations and as Project Support Department Head, where responsibilities included construction material and technical support for deployed SEABEE battalions in the Atlantic Fleet Theater of Operations. Captain Schanze received orders in 1987 to the Defense Language Institute at the Presidio of Monterey, California, where he graduated from the Spanish language curriculum with honors, before reporting to a follow-on assignment as the Deputy Officer in Charge of Construction/Resident Officer in Charge of Construction, Rota, Spain. In 1990 he reported to the Director, Shore Activities Division (OP-44), Deputy Chief of Naval Operations (Logistics), as an Action Officer for Family Housing, Energy and Facilities R&D programs. During this tour, he was assigned additional duty as an assistant to the Deputy Assistant Secretary of the Navy for Force Support and Families. He next reported as the Assistant for Civil Engineering Matters to the Director of the Office of Budget and Reports, Office of the Navy Comptroller, and Military Construction Appropriations Congressional Liaison and Financial Management Officer, in June 1993. In May 1995 he reported for duty as the Director of the Special Programs Office, White House Military Office, providing facilities engineering, contracting and logistics support to Presidential support activities, including Camp David.

Decorations include the Defense Superior Service Medal, Legion of Merit (two awards), Meritorious Service Medal (two awards), Navy Commendation Medal (two awards), and the Navy Achievement Medal. He has been awarded the Presidential Service Badge, is a SEABEE Combat Warfare Specialist and is a registered Professional Engineer. He is a member of Tau Beta Pi, the American Society of Civil Engineers and the Society of American Military Engineers.



# SEABEES

*"We Build, We Fight"*

## Seabee Ball GOLF Tournament



*Celebrating more than 60 years of tradition*

*Friday, February 27th*

*Admiral Baker North Course*

*Entry Fee: \$45 for All Participants (BBQ after golf)*

*Tee Off: 1200 Shotgun Start*

*Format: Four-Person Scramble*

*Prizes: 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>*

*2 Closest to Pin Holes*

*2 Long Drive Holes*

*Door Prizes*

*\$10,000 Hole in One sponsored by First Command!!*

*Contact: ENS John Haghani: (619) 532-6133*

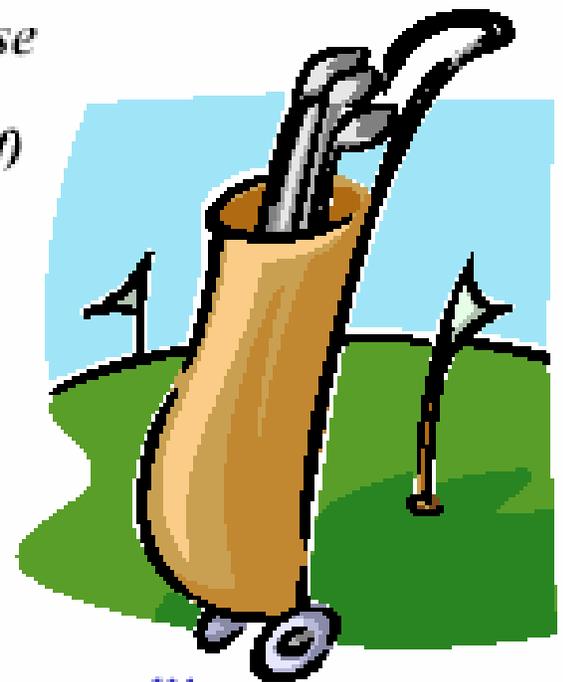
*Mjhaghani@nmcsd.med.navy.mil*

*OR*

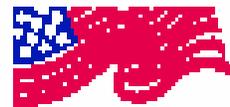
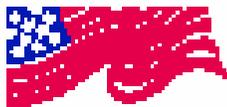
*ENS Dan Schmitt: (619) 556-6326*

*Daniel.schmitt1@navy.mil*

*Pay and Register before February 13th*



  
**FirstCommand**  
Member Since 1998



**SAN DIEGO CHAPTER  
AMERICAN SOCIETY OF MILITARY COMPTROLLERS**

**Invites you to attend its**

**February Luncheon**

**Date: Wednesday, 18 February 2003**

**Time: 11:30 a.m. - 1300/1330**

**Place: Admiral Kidd Catering and Conference Center (Fleet ASW Base)\***

**Choice of sandwich plate: (a) cashew chicken salad croissant, (b) turkey & swiss croissant, or (c) vegetarian. Includes fruit cup, potato salad and tea/coffee\*\***

*Service begins promptly at 1130*

**Members: \$14.00**

**Non-Members: \$16.00**

**SPECIAL PROGRAM**

- 1. Mr. Charlie Nemfakos – former Deputy Under Secretary of the Navy and Senior Civilian Official for ASN (FM&C)**  
*Defense Transformation and its Implications for Resource Allocation and Infrastructure Utilization*
- 2. Col John Pomfret, USMC – former Commanding Officer, Combat Service Support Group -11**  
*Iraq post-conflict stabilization: life on the ground in pictures and stories*

\*\*\*\*\*

\* Harbor Drive, on the left a mile past the airport. If you do not normally have unescorted access to area military installations (no decal or govt ID), guest parking is across the street from the base gate. Shuttles between parking and the club are every 15 minutes.

\*\* **Identify your choice when you make your reservation.**

**Deadline for reservations: 1530, Tuesday, 10 February 2003.** Make reservations and pay through your command representative. Command representatives: FAX reservation sheet to: Pat Sanders, 545-9246. Include command, names of persons attending, status (member/non-member) and phone number of person making reservations. Don't forget to provide the meal choices! (If unable to provide info via fax, call Pat Sanders at 545-9863 or e-mail to [psande@nsgasd.navy.mil](mailto:psande@nsgasd.navy.mil).)

**If no command rep, individual reservations may be submitted to the above numbers, include command, name of person attending, member or non-member, and phone number.**



## READINESS SURVEY 2003

A goal of the San Diego Post of SAME Readiness Committee (aka Community Disaster Assistance Corporation) is to increase the disaster preparations of its member firms, so they will be able to function after a disaster, such as an earthquake. This survey is a part of our program to determine your readiness status and how we can help you to improve it, if that is appropriate.

Please answer yes or no to the questions listed below and return this survey, via fax, email or U.S.P.S., back to us. It is self-addressed to the Post Readiness Committee. Your reply will be reviewed and a determination of how we can assist you. For example if you do not have a Disaster Plan we can provide guidelines on how to develop one. It is important this survey be signed by the person we are to contact when we provide follow-up on any assistance we can provide. If you have any questions please contact me. The enclosures, which are yours to keep, provide guidelines in answering the questions below.

Tom Jones  
BDS Engineering, Inc.  
PH: 619-582-4992  
Fax: 619-582-7428  
E-mail: [tjones@bdsengineering.com](mailto:tjones@bdsengineering.com)

.....

1. \_\_\_ Do you have a written disaster preparedness plan? If so it would be appreciated if you would forward a copy.
2. \_\_\_ Have you ever held an earthquake preparedness drill, including duck, cover, hold?
3. \_\_\_ Have your people been informed as to the safest areas to go to in an earthquake?
4. \_\_\_ Have you posted the phone numbers of various public safety agencies such as fire, police, medical, utilities, your building superintendent?
5. \_\_\_ Are your utilities and related equipment secured against an earthquake?
6. \_\_\_ Have you checked for potential earthquake hazards and taken corrective action?
7. \_\_\_ Is equipment secured to the floor, wall, or desk, as appropriate?

- 8. \_\_\_ Have your employees been advised of evacuation routes?
- 9. \_\_\_ Do you have persons appointed to take charge in case of a disaster?
- 10. \_\_\_ If it is advisable to have your employees "stay put", either for their own safety or to help clean-up, do you have emergency supplies on hand, including food and water?
- 11. \_\_\_ Have you planned what to do if there is structural or non-structural damage to your premises?
- 12. \_\_\_ If you have any physically handicapped employees have you made arrangements for someone to help them if needed?
- 13. \_\_\_ Are your employees prepared at home, compared to enclosure 2?  
(If the answer is yes what percent are prepared \_\_\_\_\_%.)
- 14. \_\_\_ Do your employees know where to turn off the utilities if this becomes necessary?

Signed \_\_\_\_\_ Date \_\_\_\_\_

Title \_\_\_\_\_ Phone \_\_\_\_\_

Firm \_\_\_\_\_

- Enclosures:
- 1. Earthquake Preparedness Checklist For Business & Industry
  - 2. Checklist To Help You Survive An Earthquake
  - 3. Even If Your Residence Is Livable

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

ADD STAMP HERE
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Mr. Tom Jones  
 BDS Engineering, Inc.  
 6859 Federal Boulevard  
 Lemon Grove, C.A. 91945

## EARTHQUAKE PREPAREDNESS CHECKLIST FOR BUSINESS & INDUSTRY

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CALIFORNIA IS EARTHQUAKE COUNTRY! We cannot escape this fact. Thousands of shocks rumble through our state each year, and scientists have predicted a giant quake may occur at any time. If this should happen during working hours, businesses, industries, and their employees will be greatly affected. Earthquake preparedness planning is essential.

### BEFORE AN EARTHQUAKE

- \_\_\_\_\_ Prepare a company earthquake preparedness plan. You can reduce injuries to employees and lessen the possibility of panic after the earthquake has occurred by planning for all eventualities.
- \_\_\_\_\_ List for employees the possible means of taking shelter during a quake, and hold occasional drills so they will have the opportunity to practice. Tell them not to leave the building during the earthquake.
- \_\_\_\_\_ Have available for immediate use the telephone numbers of and alternate means of communications for public safety agencies including police, fire, medical, and utilities. Develop preparedness plans and drills with the assistance of these agencies.
- \_\_\_\_\_ Check all offices, storage areas, manufacturing areas, and other work locations for earthquake hazards.
- \_\_\_\_\_ Brace or anchor high or top heavy shelves, machinery, or other items that could fall during a tremor.
- \_\_\_\_\_ Bolt down or provide other strong support for water heaters and other gas appliances on the premises since fire could result from broken lines and connections.
- \_\_\_\_\_ Prepare several alternate routes of evacuation for employees in the various parts of the building should they need to leave their work area because it is unsafe.
- \_\_\_\_\_ Consider all possibilities should destruction occur. What if those on upper floors cannot descend to the ground floor? What if there is a basement and employees are trapped?
- \_\_\_\_\_ Appoint at least two persons in each department or floor who will assume leadership roles after the quake has occurred, and be sure they are properly trained.
- \_\_\_\_\_ Consider that employees may be unable to leave the premises, and keep supplies on hand which will be needed. These include battery-powered radios and flashlights with extra batteries. At least a 72 hour supply of food and water for each employee, blankets and first aid supplies. Encourage employees to keep on hand at work items such as a toothbrush, toothpaste, and soap.
- \_\_\_\_\_ Plan assistance for any physically handicapped employees who may be unable to leave the building or area without aid.
- \_\_\_\_\_ Designate any safe area which may be suitable for a shelter area should employees be required to stay there after a quake.
- \_\_\_\_\_ Be sure fire extinguishers are kept in good working order and employees know where they are and how to operate them.
- \_\_\_\_\_ If your building is windowless consider the alternate means of ventilation and lighting if

power is off.

Encourage all employees to enroll in a first aid class, since medical facilities may be inaccessible or overloaded after an earthquake. The American Red Cross has classes in Shelter Management.

Urge employees to have a plan for reunification of family, should they be unable to leave the workplace immediately.

Plan for the immediate disposition of the dead after an earthquake.

Develop contingency plans for continued operations of your company or plant based on total or partial shutdown due to building / utility / communication / transportation failures. Include key personnel, communications, utilities, and other support needed for 24 hours, 72 hours, one week, one month.

Discuss and distribute the company earthquake plan with employees and be sure each understands all phases.

## AFTER AN EARTHQUAKE

Employees should immediately check for injuries among fellow workers and tender first aid as needed. Seriously injured persons should not be moved unless they are in danger of further injury.

Check for fires and fire hazards, especially for gas leaks and damaged electrical wiring. See that these are turned off at main valves and switches if required.

Check for building damage and move employees into safe areas.

Do not permit employees to run into the street or use elevators.

Flashlights should be used if power is off, since sparks from a match or light switch could ignite leaking gas if present.

Immediately clean up dangerous spills.

Do not use telephone for outside calls except in genuine emergencies. Use battery powered radios for damage reports and information from public service agencies.

Designated leaders should immediately organize those employees for whom they are responsible, and determine what steps are to be taken in accordance with the company's earthquake plan.

**PLANNING IS THE KEY  
TO EARTHQUAKE SAFETY AND SURVIVAL!**  
ADAPTED FROM THE AMERICAN RED CROSS LOS ANGELES CHAPTER FORM 919

## EVEN IF YOUR RESIDENCE IS LIVABLE AFTER AN EARTHQUAKE, YOU MAY HAVE THESE PROBLEMS

**WATER:** In normal times it seems that TV news shows a water main break flooding some street almost every week or so. In a major earthquake it is highly likely that you will have NO WATER for some time. The recommended one gallon per person per day includes 2 quarts for personal use, and two quarts for cooking. If you store extra canned food you can eat cold you can reduce the water requirement for cooking. Suggest containers no larger than 2 1/2 gallons. The five gallon can gets very heavy.

**SEWER:** With no city water you will have no way to flush your toilet, even if the sewer lines are open. Have on hand 30 gallon plastic bags that can be fitted over your toilet. These can be dumped in a trash container/dumpster as necessary. Don't be caught with a toilet full of you-know-what that cannot be flushed down even when the water comes back on. Toilets have been broken off in earthquakes. To be really prepared buy a portable potty of some kind. See the other side for suggestions.

**LIGHTING:** You may be without electrical power for some time. In addition to having a flashlight with extra batteries for each member of the family, figure out what you will do for prolonged periods of time. Propane lanterns will provide enough light to read by, as will a battery operated fluorescent lantern. To just get enough light to see your way around the rooms you can try candles. Get candles such as votive candles in glass containers, or the fancier perfumed kind in glass containers. Avoid candles stuck to plates or not contained in glass etc. they could break loose and start a fire.

**FIRE:** If you live in an apartment there will be fire extinguishers in the halls. DO YOU KNOW WHERE THEY ARE? Tests show that a fire will get out of control if not put out within five minutes. You have to get to the closest fire extinguisher, break the glass (without cutting yourself) and get back to your apartment within minutes. You also hope no one else got the fire extinguisher before you got there.

Whether you live in an apartment or you own your own home it is BETTER to buy your own ABC fire extinguisher so you have it handy and know where it is. You can buy one for about \$10.00. THIS IS CHEAP INSURANCE.

**FIRST AID:** You cannot count on getting immediate medical help if you get injured by falling pictures, bookcases, entertainment centers, other items, or cut by broken glass. Ambulances will be working on the TRIAGE system in a major disaster. The most serious victims get treated first. CPR training is a must for yourself and spouse/family, or friends. You will not be treating strangers for CPR so do not shy away from learning. It only takes a short time to learn. Someone needing CPR because of shock or injury needs immediate treatment. In 4-6 minutes it is possible such a person will be brain damaged if CPR is not started. In 6-10 minutes it is probable. In 10 minutes or more without breathing that person will be brain damaged. The average time to get an ambulance on site is around 12 minutes, so you can see the problem.

Even if you have no first aid training PLEASE get a good first aid book and look at it. In an emergency you can read the book and follow the instructions. That is better than nothing. The American Red Cross at 3650 Fifth Avenue, San Diego, has several, starting with the "American Red Cross Standard First Aid" at \$11.75.

A good first aid kit is the American Medical Association First Aid Kit, All Purpose, Level 3 at \$19.95 plus tax. Many drug stores carry this kit.

SEE THE OTHER SIDE FOR COSTS, SUPPLIERS, AND OTHER INFORMATION

**ADDITIONAL INFORMATION ON SUPPLIES TO HAVE, THEIR SOURCE AND COST**

**(THERE ARE MANY OTHER SOURCES AND KINDS OF SIMILAR SUPPLIES)**

**WATER:** "Water Pak" 2½ gallon container. \$13.95 plus tax (Note 1)

**TOILET:** "Luggable Loo" This looks like a five gallon bucket with a seat and a lid that closes. \$29.95 (Note 1) Deodorant available at same store.

**TRASH BAGS:** 40 Bags, 30 gallon. \$1.99 plus tax (Note 2) For over normal toilet.

**TRASH BAGS:** 30 Tall kitchen bags, 13 gallon. \$2.59 plus tax (Note 3) For inside Luggable Loo.

**CANDLE:** Glade scented candle in glass container. \$1.69 (Note 3)

**FLASHLIGHT:** Eveready Rechargeable Double Duty. Plugs into outlet at least 8 inches above floor. Has a night-light so you can find it if power goes off. \$11.97 plus tax (Note 4).

**FLASHLIGHT:** Black and Decker Safelighter, rechargeable. Plugs into outlet near floor. Will turn on when power fails. About \$10.00 (Note 5).

**FLASHLIGHT:** "Beamer" Heavy Duty Disposable Flashlight. Clips on belt if desired. \$1.89 plus tax (Note 5).

**Notes (many other sources)**

1. Be Ready Disaster Preparedness  
602 Garrison St Suite 101  
Oceanside, CA. 92054  
800-800-7922
2. Home Depot, Drug Store, Grocery Store
3. Drug Store, Grocery Store
4. Home Depot
5. Black & Decker  
4927 Convoy  
San Diego, CA 92111  
858-279-2911

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If you have not received your copy of the "Checklist To Help You Survive an Earthquake" from your apartment manager, church, or other source – call the Community Disaster Assistance Corporation, 3327 Mt. Carol Drive, San Diego, CA 92111, telephone 858-277-4190. This checklist provides detailed information on what to do before an earthquake, during, and after. Plus it lists other equipment and supplies to have on hand.

**TAPE THIS TO THE INSIDE OF A MEDICINE CABINET OR CLOSET DOOR, OR HANG ON HOOK**

## **Community Disaster Assistance Program**

# **CHECKLIST TO HELP YOU SURVIVE AN EARTHQUAKE**

Californians are constantly in danger of a potential earthquake. If you do not prepare NOW the next quake may cause greater personal damage to you and your family than is necessary, and do more property damage. The items listed below will help you and your family to survive in a much better way. Indicate below the date you complete, or check as satisfactory, each of the items listed.

### **BASICS TO DO BEFORE AN EARTHQUAKE (AS APPROPRIATE AND AS PERMISSIBLE)**

1. Secure your water heater to the wall.
2. Ensure your items connected to gas, water, and electricity have some flexibility in their connections.
3. Minimize use of extension cords that might get crushed and short out, starting a fire.
4. Add latches to your kitchen cabinets that will keep doors shut.
5. Bolt bookcases, entertainment centers, china cabinets, etc. to the wall.
6. Hang pictures so they cannot come loose and fall.
7. Lock up hazardous materials so children cannot get to them and so they cannot fall out of cabinets or off shelves.
8. Complete a family disaster plan on evacuating, how to do so, what to take, where to go.
9. Establish an out of town/state contact, to minimize using city lines.
10. Have everyone in your household learn how to turn off the gas, water, and electricity.
11. Have as many persons in your household as possible learn First Aid, Damage Assessment for Survivors (when to stay or evacuate), some basics of rescue techniques.
12. Have a good first aid book available.
13. Have smoke detectors installed per code.
14. Have portable escape ladders for multiple floor residences.
15. Have handy a list of telephone numbers of police, fire, and doctors.
16. COMPLETE THE CHECKLIST OF "THE SIX BASICS YOU SHOULD STOCK" AS LISTED ON THE FOLLOWING PAGES.

### **BASICS TO DO DURING AN EARTHQUAKE**

1. STAY CALM
2. If inside crouch under a table or desk, (duck, cover and hold) or sit down in a hallway and cover your head with your hands and arms. Stay out of doorways as doors smash hands.
3. If outside stay away from buildings, trees, telephone and electric lines.
4. If on the road stay away from underpasses. Park in safe area. Stay in car.

### **BASICS TO DO AFTER AN EARTHQUAKE**

1. Check for injuries and provide first aid as necessary.
2. Check for safety, check gas, water, sewer, for downed electric lines and shorts.
3. Check for structural and non-structural damage. (Take a Damage Assessment Course).
4. Clean up dangerous spills and others.
5. Wear shoes at all times.
6. Turn on radio and listen for instructions from public agencies.
7. Don't use the telephone except in an emergency.

# CHECK LIST OF SIX BASICS YOU SHOULD STOCK

(CHECK OFF ITEMS AS YOU HAVE SUPPLIES ON HAND, OPTIONAL TO INDICATE QUANTITY)

**WATER:** Store in plastic containers, not milk cartons or glass bottles. A normally active person needs two quarts per day, more in hot weather or if physically active. One gallon per person per day. 2 quarts for food preparation and sanitation. (Have a three day supply for each person)

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**FOOD:** Have a three day supply of non-perishable food, preferably that which requires no refrigeration, preparation, or cooking. This checklist assumes you will have canned foods, dried foods such as cereal, and no items requiring cooking.

Cans – meat\_\_\_\_\_, fruit\_\_\_\_\_, soups\_\_\_\_\_, vegetables\_\_\_\_\_, stews\_\_\_\_\_, beans\_\_\_\_\_, etc.

Cans of juices\_\_\_\_\_, milk\_\_\_\_\_.

Salt & pepper shakers

Sugar

Powdered milk

High-energy foods such as peanut butter, jelly, crackers, granola bars, trail mix.

Vitamins

Foods for infants, elderly, or on special diets

Comfort foods, cookies, hard candy

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**FIRST AID KIT:** Assemble one for your residence and each car. You can buy kits.

Sterile adhesive bandages in assorted sizes

2 inch sterile gauze pads (4-6)

4 inch sterile gauze pads (4-6)

Hypoallergenic adhesive tape

Triangular bandages (3)

2 inch sterile rolled bandages (3 rolls)

3 inch sterile rolled bandages (3 rolls)

Scissors

Tweezers

Needle

Moistened towelettes

Antiseptic

Thermometer

Tongue blades (2)

Tube of petroleum jelly or other lubricant

Assorted sizes of safety pins

Cleansing agent/soap

Latex gloves (2 pair)

Sunscreen

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## TOOLS AND SUPPLIES:

Mesh kits or paper cups, plates, plastic utensils (in case you have to evacuate)

Battery operated radio and extra batteries

Flashlight for all members and extra batteries

Cash or travelers checks (banks probably will not open immediately)

Fire extinguishers ABC type. Small one for kitchen, plus one larger

Tube tent (if you plan to sleep outdoors rather than go to an ARC shelter)

Pliers

Wrench to shut off utilities, gas and water

Duct tape (to tape broken windows among other uses)

Matches in waterproof container

Aluminum foil

Plastic storage containers

Paper and pencil

Needles and thread

Whistle

Plastic sheeting (to cover broken windows, sit on outside, make tent)

Map of area (if you have to go to shelter)

### SANITATION:

- \_\_\_\_\_ Toilet paper
  - \_\_\_\_\_ Soap, Liquid detergent
  - \_\_\_\_\_ Feminine supplies
  - \_\_\_\_\_ Personal hygiene items
  - \_\_\_\_\_ Plastic garbage bags and ties for sanitation use
  - \_\_\_\_\_ Plastic bucket with tight lid, or commercial hassock type
  - \_\_\_\_\_ Disinfectant
  - \_\_\_\_\_ Household chlorine bleach
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### CLOTHING AND BEDDING:

- \_\_\_\_\_ Sturdy shoes or work boots
  - \_\_\_\_\_ Rain gear
  - \_\_\_\_\_ Blankets or sleeping bags
  - \_\_\_\_\_ Hat and gloves (leather or leather palms for clearing debris)
  - \_\_\_\_\_ Change of clothing and underwear
  - \_\_\_\_\_ Sunglasses
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### SPECIAL ITEMS:

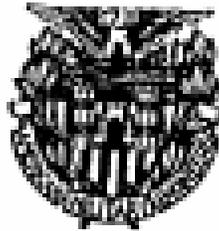
- \_\_\_\_\_ Baby formula
  - \_\_\_\_\_ Baby diapers
  - \_\_\_\_\_ Baby bottles
  - \_\_\_\_\_ Baby powdered milk
  - \_\_\_\_\_ Baby medications
  - \_\_\_\_\_ Adult Medications (all)
  - \_\_\_\_\_ Adult denture needs
  - \_\_\_\_\_ Adult eyeglass and contact lens needs
  - \_\_\_\_\_ Adult and children entertainment games, books etc.
  - \_\_\_\_\_ Important family documents (keep in waterproof portable container)
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### SUGGESTIONS AND REMINDERS

- Store your supplies in a place known to all family members
- Keep a disaster kit in your car(s). American Red Cross has one for \$40.00
- Where Feasible keep items in air tight storage bags
- Change your water supply every six months unless you have treated it. To purify water add 16 drops of household bleach to one gallon of water, stir and let stand for 30 minutes before using.
- Review your kit at least once a year. Your requirements may change.
- Replace batteries as recommended by the manufacturer
- Don't forget to have a family disaster plan. For information contact the American Red Cross
- If you are not part of a SNAP or other Disaster Assistance Team, get together with one or more neighbors and agree to help each other in a disaster. Exchange information on what equipment you have that would help in search & rescue. **REMEMBER** – attempting search & rescue without training can be hazardous to your health and the victim.



**SEE EARTHQUAKE PREPAREDNESS CLASSES ON THE OTHER SIDE**



# DIRECTORS NEEDED

For the Community Disaster Assistance Corporation,  
which is a Readiness Program of the San Diego Post,  
Society of American Military Engineers.

## Corporation Activities

- Encourage individual members and A/E firms to be prepared for a disaster such as an earthquake
- Provide Independent Study Disaster Preparedness Courses on video for the public. The current mailing list includes SAME Sustaining Member firms, plus 731 churches, 26 mobile home parks, and 47 condos. See other side for information on the Disaster Preparedness Training available

## Director Functions

- Review status of programs and provide direction
- Approve expenditures

## Meetings

- Are held once a quarter in December, March, June, and September. These are now held immediately following the SAME meeting in that month, on the hotel premises. Meetings last on an average of 30 minutes.

*If you are willing to serve on the Board of Directors please contact Tom Jones, CDAC President; at BDS Engineering, 6859 Federal Boulevard, Lemon Grove, CA 91945-1315. Phone 619-582-4992, Fax 619-582-7428.*

# SAVE YOURSELF AND FAMILY!

**REDUCE OR ELIMINATE physical injury and property damage. Learn how by taking the INDEPENDENT STUDY TRAINING COURSE on video, as listed below.**

**INDIVIDUALS** who wish to check out a video course listed below can do so by mailing a check and order as indicated at the bottom of the page. **ALL FACILITIES**, including but not limited to churches, homeowners associations, apartment complexes, mobile home parks, businesses, are encouraged to establish their own Disaster Assistance Team, which means training people in all specialties. All training videos plus a Disaster Planning Guide with sample Exercises, will be loaned from the Community Disaster Assistance Corporation's Library, (for one year, renewable) with a \$100 REFUNDABLE deposit. CDAC also provides assistance and consulting services **FREE**, for those activities checking out a Training Kit. **Facilities call the CDAC Training Coordinator at 858-277-41190 for details, or to set up an appointment at your site.**

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**DISASTER PREPAREDNESS:** Procedures to follow, equipment and supplies needed. 40 min.

Earthquake Preparedness for the Big One 58 min. (on same tape)

**DAMAGE ASSESSMENT FOR SURVIVORS AND RESCUERS:** Recognizing danger, so you know whether it is safe to stay in your house, and for rescuers to enter. 45+ min

Reducing Structural Damage: 14 min. (on same tape)

**Medical Operations Part 1:** Basic First Aid 54 min.

Metropolitan Survival 24 min.(on same tape)

**Medical Operations Part 2:** First Aid including CPR, Triage 54 min.

Simple Triage and Rapid Treatment (START) 18 min. (on same tape)

**Safety & Security:** Survey for and mitigation of hazards. Legal aspects. 32 min.

Killer Quake 54 min. (on same tape)

**Light Search & Rescue:** Procedures to follow, handling stretchers etc. 1hr 15 min.

The Five Minute Fire 9 min. (on same tape)

Fire Extinguisher Use 18 min. (on same tape)

**Coordinator:** Supervision of Disaster Assistance Team 52 min

Northridge Earthquake 50 min. (on same tape)

**Public Relations:** Registering volunteers and those needing assistance, Monitoring TV and newscasts. Advising the homeless on Red Cross shelter locations. 24 min.

How Earthquakes Will Affect Your Life 51 min. (both on same tape)

**Communications:** Information on Citizens Band radios and how to use them. 38 min.

Being Prepared for an Emergency 27 min. (on same tape)

The Day the Earth Shook 55 min. (on same tape)

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The first tape individuals order by mail is \$13.00 which includes a \$10.00 refundable deposit on the tape, and a \$3.00 shipping and handling charge. As long as you leave your \$10.00 deposit on file you can continue to check out another video each time you return the earlier one in good condition. The only charge then for another mailed video is \$3.00 shipping and handling. You can save the \$3.00 shipping and handling charge by picking up the videos at 3327 Mt. Carol Drive, San Diego, CA 92111, by calling 858-277-4190 in advance. Allow up to one week for availability, as videos are copied as needed from a master. If you pick up and return all videos your deposit (s) will be returned, so in effect all courses are FREE.