

MPC Ready Community Meeting

February 25, 2023



Agenda

- Welcome and Introductions
- Mission and Vision
- Ice Breakers
- Creating a Self-Reliant Home (with a focus on extreme weather)
- Announcements

NEXT MEETING: Sat, March 25 @ 9 a.m. at Trinity Church!
Topic: Water Storage and Filtration Systems (breakfast included!)



Housekeeping

- Please introduce yourself in the chat (name & neighborhood/area)
- Please mute yourself unless speaking
- Please keep your camera on, if possible!





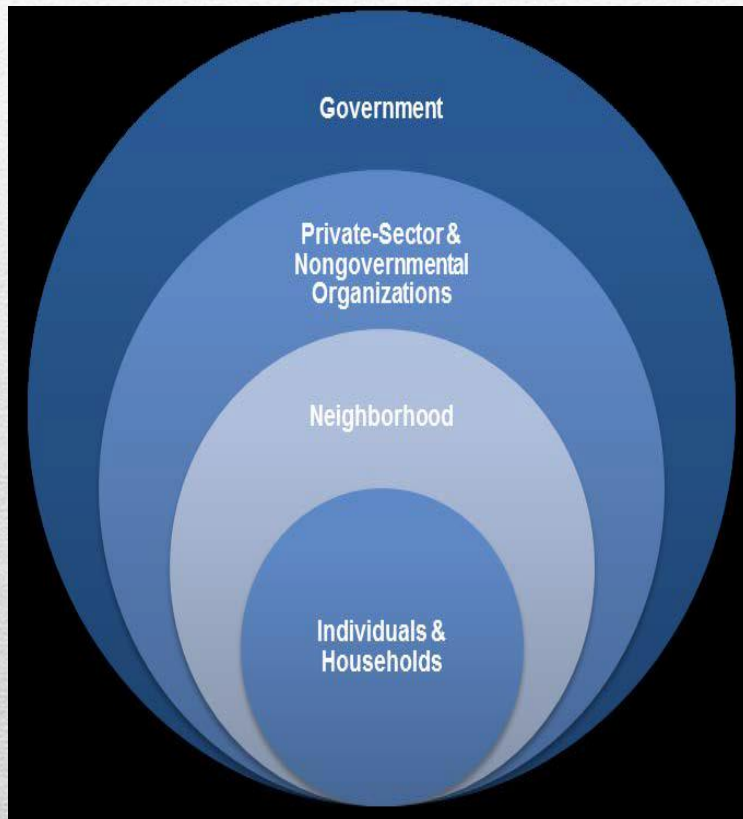
MPC Ready Mission & Values

The MPC Ready mission is to work collaboratively to help build disaster prepared and climate-change ready neighborhoods through providing advocacy, education and training, resources, organization and support.

Our Values: Communication, Coordination, Collaboration, Cooperation and Community.

**Our Fiscal Sponsor is Philanthropic Ventures Foundation:
MPC Ready Disaster Preparedness Fund**

Whole Community Approach for community preparedness & resilience



Government leadership

- Collaborative approach
- A forum for bringing all parts together
- Plans in place, tested and practiced
- Stakeholders actively involved
- Proactive approach

+ Active Community involvement

= Resource-efficient

Disaster preparedness, mitigation,
planning and response.

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Warm Up (5 minutes)

In small groups, please:

- Introduce yourself
- Share a tip related to today's topic or ask for a tip.
- Brief "War stories" also okay.

Overview: Creating A Self-Reliant Home



Six priorities:

1. Water Storage and Purification Methods (March 25 at Trinity Episcopalian Church – 9 a.m.)
2. Food Recommendations and Storage (April 22 at Burgess Park picnic areas 1-5) – 9 a.m.
3. A First Aid Kit & First Aid Knowledge
4. **When the Power Goes Out: Heating, Cooling, Lighting and Cooking -- (February 25)**
5. Home and Neighborhood Safety Considerations
6. Handling Long-term Sanitation & Hygiene Issues

California Winter Weather

Have You Checked On Your Neighbors?


- Small steps make a big difference!
- Check-in on your neighbors and help them prepare for potential power outages and extreme cold
- Talk with your neighbors about their needs, and yours.
- Some may need encouragement to move to a hotel
- If you have an elderly or vulnerable friend or neighbor, help make sure they are safe, warm and well.
- Sign up for Weather Alerts
 - FEMA app
 - National Weather Service/Bay Area
- Get a radio that has NOAA weather band






Stay Safe on the Roads!

- In case you are stranded, keep an emergency supply kit in your car with these extras:

 : Jumper cables

 : Flares or reflective triangles

 : Ice scraper

 : Car cell phone charger

 : Blankets, towels, and extra clothing

 : Water and snacks

 : Flashlight with extra batteries

 : Cat litter or sand to aid with traction should you get stuck

For more information sign up for alerts at CalAlerts.org



Stay Safe During the Storm

- ⚠️ Limit travel during and after a winter storm!

If you must drive, download the QuickMap app or visit Quick Map (ca.gov) to learn up-to-the-minute information on road conditions, traffic, closures, chain control, and more.

The screenshot shows the Caltrans QuickMap website. At the top is the Caltrans logo. Below it is the QuickMap logo and navigation links for 'QuickMap Mobile' and 'QuickMap FAQ'. A 'Travel Alert' section is highlighted in orange, titled 'California Winter Weather'. It contains a list of bullet points: 'Wind, rain and snow -- heavy at times -- are forecast through early March' and 'Winter Driving Tips: be prepared, pack your patience and travel safely'. Below the alert is a line of text: 'Know before you go: National Weather Service - Caltrans Social Media - Road Information or call 1-800-427-7623'. At the bottom are four buttons: 'QuickMap Options', 'QuickMap Zoom to...', 'QuickMap Links', and '511 Regional Sites'.

Power Outage Preparedness Safety



Winter weather is returning to CA this week. ☁️

Stay prepared in case of power outages by locating your flashlights, charging your devices, and remembering to only use generators outside, more than 20 feet away from your home, doors, and windows.

Install Carbon Monoxide filters

PG&E Power Outages site: <https://pgealerts.alerts.pge.com/outagecenter/>

Stay informed by signing up for emergency alerts including warnings and evacuation notices at:

- FEMA app
- CalAlerts.org
- SMC Alert
- Monitor weather at weather.gov/bayarea

Staying Prepared or Power Outages



https://www.pge.com/en_US/residential/outages/planning-and-preparedness/safety-and-preparedness/safety-and-preparedness.page

- Keep important phone numbers in a convenient location in case you need emergency help or other assistance.
- Have a backup plan to maintain any life support equipment.
- Keep a cellphone or hardwired, single-line telephone on hand. Cordless phones don't work without electricity.
- Keep a flashlight with extra, fresh batteries in a convenient place. Avoid using candles because of the fire risk. If you must light candles, use extreme caution.
- Turn off heat-producing appliances during an outage. This practice helps eliminate fire hazards that can occur when power is restored.
- Protect sensitive electronic equipment with surge suppressors. Unplug any such equipment that is in use when the power goes out.
- Keep refrigerator and freezer doors closed.
- Keep nonperishable food that doesn't require cooking on hand. Ensure that you have a manual can opener.
- Inform PG&E if you have a generator, and avoid using it unless you're sure that it was installed safely and correctly.



Keep Important Phone Numbers Handy

1. Nearby Neighbors
2. Your Doctor
3. Immediate Family
4. Your Pharmacy
5. Poison Control
6. Animal control
7. Veterinary Services
8. A Locksmith
9. Police Department Local Number. In an emergency, call 911. If calling from out of the area, call 650-325-4424
10. Menlo Fire Number – 650-688-8400
11. Plumber
12. PG&E Power company -- 1 (800) 743-5000
13. Insurance Agent.



Plan Ahead Food Safety

- Keep an appliance thermometer in both the refrigerator and freezer. Make sure the refrigerator temperature is at 40 °F or below and the freezer is at 0°F or below.
- Group foods together in both the refrigerator and freezer. This helps foods stay cold longer.
- Keep the freezer full. Fill empty spaces with frozen plastic jugs of water, bags of ice, or gel packs.
- Freeze refrigerated items that you may not need immediately. This will keep them at a safe temperature longer.
- Have a large, insulated cooler and frozen gel packs available. **Perishable foods will stay safe in a refrigerator only 4 hours.**
- Find out where dry ice and block ice can be purchased.



Food Safety During Power Outage



- Keep refrigerator and freezer doors closed.
- Refrigerator will keep food safe for up to 4 hours. If the power is off longer, transfer food to a cooler and fill with ice or frozen gel packs. Keep food at 40°F or below. Add more ice to the cooler as it begins to melt.
- A full freezer will hold the temperature for approximately 48 hours (24 hours if it is half full).
- Obtain dry ice or block ice if your power is going to be out for a prolonged period. Fifty pounds of dry ice should hold an 18-cubic-foot freezer for 2 days. (Caution: Do not touch dry ice with bare hands or place it in direct contact with food.)
- In freezers, food in the front, in the door, or in small, thin packages will defrost faster than large, thick items or food in the back or bottom of the unit.
- During a snowstorm, do not place perishable food out in the snow. Instead, make ice. Fill buckets, empty milk containers, or cans with water and leave them outside to freeze.

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Source: <https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/emergencies/keep-your-food-safe-during-emergencies>

2/24/2023

Removing Odors from Refrigerators



The following steps may have to be repeated several times:

- Dispose of any spoiled or questionable food.
- Remove shelves, crispers, and ice trays. Wash them thoroughly with hot water and detergent. Then rinse with a sanitizing solution of 1 tablespoon of unscented, liquid chlorine bleach per gallon of drinking water.
- Wash the interior of the refrigerator and freezer, including the door and gaskets, with hot water and baking soda. Rinse with a sanitizing solution (see above).
- Leave the door open for about 15 minutes.

If odor remains, try any or all of the following:

- Wipe the inside with equal parts of vinegar and water to destroy mildew.
- Leave the door open and allow to air out for several days.
- Stuff the refrigerator and freezer with rolled newspapers. Keep the door closed for several days. Remove the newspaper and clean with vinegar and water.
- Sprinkle fresh coffee grounds or baking soda loosely in a large, shallow container in the bottom of the unit.
- Use a commercial product available at hardware and houseware stores. Follow the manufacturer's instructions.

Note: If odors still remain, the unit may need to be discarded.

Alternate Lighting

- Solar powered flashlight (Walgreens)
- Coleman 6-volt LED lanterns
- 44-hour Nu-Wick Candles
- Chem Stick or Glo Stick
- Energizer flashlights – plug into outlets (Ace Hardware)
- Booklight (Keplers)





Staying Warm Indoors

- Evacuation to a hotel or friend/relative may not be possible
- Focus on heating the body, not the home
- Get out down jackets, winter underwear, hats, socks, sleeping bags or blankets.
- Use a tent indoors with foam pads, air mattress or cushions from sofa
- Gather up family members in one room
- Place a warm bottle of water in the bottom of each sleeping bag. Sleep with a wool hat on your head.



Coleman Cabin Tent with
Instant Setup in 60 Seconds

Heating Food Indoors Without Power

Methods that Avoid Carbon Monoxide Poisoning

- Nuwick 44 long burning survival candle
- Fondue sets (candles)
- Emergency Stove
- Tea Light Oven



Reporting Downed Trees, Power Outage and Missed Garbage/Recycling



A Neighbor's Downed Tree

- For power outages, check PGE's [Outage Center map](#) online and call PG&E at 1-800-743-5000
- For fallen trees, call Public Works at 650-330-6780 weekdays from 7:30 a.m.–4:30 p.m. and at 650-330-6300 after hours. Note: For fallen trees tangled in electrical wires, PG&E must clear the wires before Public Works can remove the trees.
- For missed garbage/recycling collections, please [contact Recology](#) online or by phone at 650-595-3900.



13 Signs a Tree is going to Fall

Source: Out on a Limb Tree Service

1. Your Tree Has Dead Branches
2. There Are Hollow Spots in the Trunk
3. The Roots Are Raising Up
4. Leaves Are Missing Close to the Trunk
5. The Trunk Has Big Cracks or Bark That's Missing
6. Branches Are Growing in a Tight V-Shape
7. The Trunk of the Tree is Leaning
8. Exposed Roots
9. There Are Soft Spots on the Tree
10. Your Tree Has Fungus Growing On It
11. The Tree Was Struck By Lightning
12. Your Tree is Infested With Carpenter Ants
13. Vines Are Taking Over Your Tree



Announcements



Next Community Meetings

March 25 -- Water Storage and Purification Methods at Trinity Episcopal Church – 9 a.m.

April 22 -- Food Recommendations and Storage at Burgess Park picnic areas 1-5 – 9 a.m.

Write Lynne@mpcready.org to be added to distribution list



One Night Hotel Reimbursement

- **Claims can be submitted online before March 10**
- The City of Menlo Park will reimburse residents for up to \$400 for a qualifying one-night hotel stay between Thursday, Feb. 23, and Friday, Feb. 24, 2023.
- Eligible residents must live in an area with a current and confirmed PG&E power outage.
- Reimbursement claims must be submitted by 5 p.m., Friday, March 10, 2023.

<https://menlopark.gov/Government/Departments/Police/Emergency-preparedness/Hazards-and-emergencies/Power-outages/One-night-hotel-stay-policy-for-PGE-power-outages>

Redwood City FRS/GMRS Communications Training – Monday, Feb 27 (6:30-9 p.m.)



Effective communications during a disaster is of the utmost importance.

We are invited to join Redwood City CERT in how to use radios. Course will include: Answers to these questions and more:

- Why should CERT members have radios and emergency communication skills?
- What are the different license requirements for amateur (ham) radio and for FRS and GMRS radio, and how do I get a license?
- How are these radios used by CERT in an emergency according to a CERT communication plan?
- How do I configure a typical FRS radio such as the Midland radios stockpiled by RWC-SC CERT?
- What radio(s) should I buy, and which features are most important?

Taught by: Bruce Hargreaves

Students will have an opportunity to practice using the radios by playing the challenging and fun domino game!

RSVP to lbach@redwoodcity.org if you would like to attend. **24** Limit of 35 people



Help Wanted

- March 25 – attend CERT graduation and plug BC Orientation
- March 25 meeting – water storage and filtration
- April 22 – Cooking off the grid
- April 29 Disaster Prep Event at LDS Church
- MPC Ready Board Secretary Position
- Website help!
- Next Leaders Meeting:
Wed, March 1 @ 4:30 p.m.



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San Mateo County Disaster Resource Center



- Assistance available to residents and businesses affected by recent storms
- San Mateo County Event Center
- Operated by FEMA, the Center is open from 9 a.m. to 7 p.m., including weekends.
- The center will close at 5 p.m. on Tuesday, March 14.
- The deadline to apply for FEMA assistance is March 16.



Resident Advocacy – It works

- Write the entire City Council, and senior staff, at city.council@menlopark.gov.
- Apply to serve on a resident-based advisory commission or committee. The following advisory bodies currently have openings. Interested applicants should submit the online application form by 5 p.m., Friday, April 7, 2023.
 - Complete Streets – 2 (meets 2nd Wed at 6:30 p.m.)
 - Environmental Quality – 2 (meets 3rd Wed at 6 p.m.)
 - Finance and Audit – 5 (meets quarterly)
 - Housing – 1 (meets first Wed at 6:30 p.m.)
 - Library – 2 (meets first Mon at 6:30 p.m.)
 - Parks and Recreation – 2 (meets 4th Wed at 6:00 p.m.)
 - Planning – 2 (meets Mon, 2X a month, at 7 p.m.)



- Appendix

Public Information & Warning Systems



SMC ALERT
San Mateo County Alert System



- **Sign up for SMC Alerts**
 - get alerts to your Phone and Email – smcalert.info
 - Only 1 in 7 residents has registered
- **Know your Zone. Register.**
Track your Evacuation Status at myzone.Zonehaven.com
- Others include ALERT Santa Clara County



Emergency Safety Net Help

If you or your neighbors are experiencing housing insecurity or living condition issues, information on housing assistance is available at <https://www.smcgov.org/hsa/core-service-agencies-emergency-safety-net-assistance>



The Prepared Neighborhood Continuum

