



# NERTNews

San Francisco Neighborhood Emergency Response Team

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## ANERT First!

One of the most moving images from October 17, 1989 is the line of volunteers - Marina residents, faces stern, flames and smoke surround them - carrying a fire hose. The need to help drove the development of the NERT program and on August 19 that message and role got a new boost. Twenty NERT volunteers participated in the first ever NERT Advanced Support Training. As gulls screamed over the SFFD Training Facility on Treasure Island, students learned to “pack” victims into a Stokes carrier, carry and re-pack hose, lift 1000+ pound concrete blocks, and use the “Z-rig” to pull an I-beam; they crawled through a tunnel and learned how NERTs can help get needed tools and equipment to firefighters from the Technical Support unit.

Capt. Les Steinhoff, a former NERT Instructor and many-year veteran of SFFD, created the course and led four exceptional instructors: Ed Chu, Doug Manguiat, Greg Owyang, and George Smith. Capt. Steinhoff introduced the course stating that it’s purpose was to “teach you how you can help us.” He followed up with words of wisdom that all students repeated: “Rescuers do **not** become victims.” And added two vital pieces of equipment to our kits: a rag and a pocket knife. The rag wipes away sweat and dirt or can bind a cut. He made it clear that we would learn by listening, watching and doing-- no PowerPoint slides and handouts available only **after** the course!

Students in teams of 4 or 5 rotated through the four sessions gaining skills and developing as a team. Each instructor brought his own experience, helping students understand not just what to do by why and when. Everyone came away with a better understanding of basic support that NERTs - properly trained - can give firefighters in a disaster. NERTs can be extra hands and legs carrying tools or moving obstacles when firefighters are needed at the scene; we can be the clean-up crew, giving exhausted firefighters a well-deserved break. And it was fun! Racing through the tunnel with its unexpected changes, moving huge blocks of concrete and steel, exchanging stories and asking questions between rotations and at breaks, tying the instructor into the carrier, and just being out on the Bay on a glorious sunny morning. As a first class, it was First Class! ☺



Instructors and Graduates!

SFFD NERT

## Bay Guardian Picks NERT a Bay Best

NERT received much-deserved recognition - as a Bay Best! In its July 28th issue, the Bay Guardian named NERT “The Best Six-Week Superhero Lessons”. From the article: “In a great disaster . . . the San Francisco Fire Department can’t possibly respond to all emergency calls within the first hours (or possibly days) after the event, especially if the streets are blocked with debris. To compensate, the department is training a corps of citizen superheroes with a free, six-week, 20-hour course of Neighborhood Emergency Response Team instruction. At the commencement ceremony, new NERTs leave with a great deal of useful knowledge as well as a spiffy hard hat and vest to identify them as official NERTs in case of an emergency.”



We know better - we know we’re not superheroes. We are simply good neighbors - and are far too smart to want to be superheroes! The mantra is embedded: don’t be a victim; do the most good for the most people. Now that the best kept secret in San Francisco has been revealed, let’s do our best to get our families, friends, and colleagues to the training! See the back page for the class schedule. And come to a class six for another Bay Best: the best chance to scream and yell as a victim!☺

## Advisory Board

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NERTNews is the official voice of San Francisco NERT Program.

For address corrections or changes, contact the NERT Program Coordinator (above).

To contribute articles, contact Editor Lynn Jacklevich at kg6cev@yahoo.com or phone at 415-282-4195 or contact the NERT Program Coordinator.

Submission deadline is the first Friday in February, May, August, and November. Submitted materials are subject to editing for style, content and length. NERT is not obliged to publish materials received. All rights are reserved. For permission to reproduce or distribute any of the content, contact SF Fire Department for conditions and approval.

Next  
Deadline  
November 4

## So Much to Do! by David Hirtz

It's a trite but true - if you want something done, ask a busy person to do it! And we're hoping to make more people busy!

Over the past 5 years there have been many changes in the way citizen emergency response groups are viewed - by the professionals and by citizens. The NERT program has seen the addition of awareness about terrorist attacks and adoption of a national standardized emergency management system. Professionals and volunteers alike were stunned by the impact of Hurricanes Katrina and Rita, particularly in showing just how much people will be on their own. Growth has come with these changes too - NERT has graduated classes as large as 150 people, training as many people in 4 months as we had in an entire year.

As our program gets larger and stronger, we need more people to support its ongoing growth in a way that organizes efforts and talents. The Advisory Board has established several 'standing committees' to help focus time, talent and tasks! Two committees are up and running and looking for interested NERTs. More are being set up as Advisory Board members find . . . volunteers!

1. **Media/Public Relations** chaired by Edie Schaffer, Ingleside/Advisory Board. The Committee has met twice and is finalizing its short and long-term goals, strategy and tactics. Its mission, in a nutshell, is to make everyone in San Francisco aware of NERT and get them to enroll in the training. E-mail Edie at edie\_schaffer@yahoo.com.

2. **Training** chaired by David Hirtz, Inner Richmond/Advisory Board. The committee's initial goal is to help plan and put on the remaining exercises and drills of 2006 and start planning for 2007. The committee has met once; their collaboration leading to the successful "Block Assessment/Earthquake Eyes" exercise held on August 19. E-mail David at dhirtz@aol.com.

Committees are open to all to participate and offer an opportunity to put **your** special talent, interest or occupation to use for NERT. We would love to have YOU join! And we (the Advisory Board) would like to hear from you: what do you think we can do to improve our program? Contact information is on this page; or come to a Board meeting; third Wednesday of the month, 6:30pm, Division of Training. Drop in to see what's up. ☺

## Earthquake Eyes - Revisited

NERT held its first 'earthquake eyes' drill in April 2004, walking through City blocks near the Hall of Flowers in Golden Gate Park. Using Phil Laird's (Miraloma) original exercise as a model, 35 NERTs repeated the experience August 19, walking through the Haight using the Park and Rec Building at Stanyan and Fell as their staging area. Haight coordinator, John D'Avolio, happily took the completed information forms as his start on a neighborhood plan!

NERT Instructor Alec Balmy reminded everyone what to look for using the Park & Rec office building as an example. He set the first task: find the safe place to assemble. It didn't take the team long to move 50 feet away from the building, palm trees and light poles that could become hazards in an earthquake. After reviewing how to look with earthquake eyes, Alec told participants about the changes in marking buildings during and after a search. National standards have added two symbols - a box for "safe to enter" and the first slash of the X with a dot in the middle to show an incomplete search.

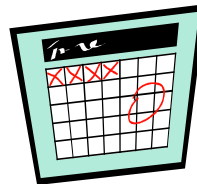
Five NERT teams made their way to Clayton or Page, Shrader or Oak to begin their block walk. Teams tested a new block information form and helped each other find safe exits and utility shutoffs, decide on building construction, and find potential hazards. With help from the Instructor, teams determined how to count stories or floors. Everyone agreed that they would look at their own neighborhoods differently in the future.

(Continued on page 3)

## 2006 Drills - just two left!

Oct. 7 & 8 Sat & Sun	<b>Fleet Week NERT booth</b> <ul style="list-style-type: none"> <li>✓ NERT table to pass out flyers and answer questions</li> <li>✓ NERT skills demonstrations at our booth</li> <li>✓ Front row seats to the Parade of Ships and the Blue Angels</li> <li>✓ Shifts 9a-1pm or 1pm-5pm both days, Marina Green and Scott street</li> </ul> Volunteers needed. Choose a shift and email <a href="mailto:sffdnerf@sfgov.org">sffdnerf@sfgov.org</a>
October 14 Sat a.m.	<b>Citywide Drill</b> <ul style="list-style-type: none"> <li>✓ Location to be determined</li> <li>✓ Remembering Loma Prieta and NERT's beginnings</li> <li>✓ See how you've improved since April</li> </ul>

## NERT 2006 Calendar



### September

- 20 Advisory Board, Wed 6:30 pm, \*FD-DOT
- 27 Advisory Board Calendar Setting Meeting

### October

- 7-8 Fleet Week - Emergency Faire
- 14 Citywide Drill and 1906 Anniversary Drill, Sat 8:30 am
- 18 Advisory Board, Wed 6:30 pm, \*FD-DOT
- 25 NERT Leaders Meeting, Wed 6:30 pm, \*FD-DOT

### November

- 15 Advisory Board, Wed 6:30 pm, \*FD-DOT
  - TBD Year End Celebration - watch your e-mail!
- Some teams meet regularly to stay prepared and informed, to practice skills, and to be active in their communities. Check with your coordinator (see pages 6 and 7).*

*Earthquake Eyes (Continued from page 2)*

Teams returned to coffee and cake, compliments of the SFPD Credit Union (thanks Darlene and Kim!). Refreshed, the group divided into 4 teams for a tabletop exercise.

The assumption: after an 8.0 earthquake on the San Andreas-Golden Gate Fault, the NERT team has been instructed by the ERD Chief to assist St. Mary's Hospital in moving some patients across the Park to UCSF Medical Center. The teams had to answer two questions: 1) what did they need to find out from St. Mary's before they could even start to plan their assistance? and 2) what did they need to know about the route or routes to UCSF? Teams had a lot of questions in common: how many patients, what is their medical status, how will they be tracked? Yet each also had unique ideas: which hospital entry is safe, is UCSF aware of St. Mary's plan, will St. Mary's staff train us in patient handling? Transport raised other considerations: walking would take a long time but trying to put patients into cars might cause them harm depending on their condition; soft ground if you go through the Park but cracked sidewalks walking down Stanyan; someone needs to be ready at the receiving end before starting to move people and there should be 'checkers' along the way to make sure no one is left behind. Discussion was animated and full of ideas - and more questions! The fog never burned off - neither did NERT enthusiasm! ☺

## Calendar Notes

### Drills/Advanced Training

2006 drills will focus on skills and on what happened around the City on and after April 18, 1906.

### Class Schedule/Class 6

Schedule is on page 8. Victims are always needed for Class 6. And check the web site for the latest information.

### Ham Crams

are held quarterly.

### Ham Communications Training

is scheduled 2-4 weeks after a ham cram. Contact Bob Jacklevich at [jacklevich@yahoo.com](mailto:jacklevich@yahoo.com).

### Advisory Board Meetings

are held monthly.  
Contact information for Board members is on page 2.

### Leaders Meetings

(formerly Coordinator Meetings)  
- an opportunity for NERTs, team members and leaders, around the City to meet, learn, and socialize; held at the SFFD Dept of Training. All are welcome.

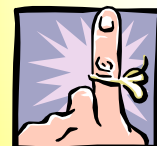
### 55+ Outreach

Special program for those 55 and over to raise emergency preparedness awareness and promote NERT. "Kick-off" meetings are scheduled as people volunteer. Check the NERT web site.

### Web Site:

[www.sfgov.org/sffdnerf](http://www.sfgov.org/sffdnerf)

\***FD-DOT** is the SF Fire Department Division of Training at 19th & Folsom. Enter parking lot from 19th.



## TEAM NEWS

### BERNAL HEIGHTS

Senior Building Inspectors, Joe Duffy and Tom Venizelos, headlined the Bernal Heights NERT meeting on July 24, speaking to an audience of 50 on how to seismically retrofit our homes.

Our next meeting will be held the **fourth week of September** at a location to be determined. Please sign up for our Yahoo! Group at [http://groups.yahoo.com/group/bernal\\_heights\\_nert/](http://groups.yahoo.com/group/bernal_heights_nert/) and you'll receive announcements about our upcoming events. WE are looking for volunt4eers to staff our booth at the "Fiesta on the Hill" in October. Help us reach our neighbors so Bernal becomes the best prepared neighborhood in the City. Cynthia Dai. ☐

### MIRALOMA PARK/MT. DAVIDSON

The Miraloma Park/Mt. Davidson Team is planning to get together after the October drill. This will be our first meeting with new team co-coordinator Jed Lane. It will be an opportunity for old and new team members to reconnect, meet Jed, and talk about the future direction of the team. We will check out and refresh our stashed cache boxes, and, as usual, partake of the fine wine and refreshments including, most likely, Newton's brownies. All are encouraged to attend. Call or e-mail me with any questions or suggestions, Gary Isaacson, 585-9729, [garyi6n@aol.com](mailto:garyi6n@aol.com). ☐

### POTRERO HILL

Get to the October 14 drill - watch the NERT web site for information! We all need to build skills and practice is the only way. We will meet in NOVEMBER: **Thursday, November 9, 7:00 PM at St. Teresa's church hall**, Connecticut and 19th. We will plan how to get 50 people for a Potrero Hill class in February 2007. Lynn Jacklevich, at 282-4195 or [kg6cev@yahoo.com](mailto:kg6cev@yahoo.com). ☐

### INGLESIDE

On Thursday, August 10th, Ingleside NERT team members hosted a disaster preparedness community meeting at Lick-Wilmerding High School so their neighbors could learn more about how to "get ready, get NERT." NERT Program Coordinator, Lt. Erica Arteseros, spoke about the NERT program and about the upcoming NERT training class to be held at Lick-Wilmerding in September. Team members shared their disaster, first aid, and "go kits," handed out 72-hour checklists and NERT brochures, and helped signed up neighbors for the September training class. Team members will also help staff a table at the OMI International Family Festival on Faxon Avenue on September 16th. We invite our fellow NERTs to join us at the festival to help spread the word about NERT. Finally, a special welcome to new Ingleside team members Thomas Dunn, Brian Lum, John and Laurie Paarlberg, Esther Rasmussen, and Jayeson Vance. Edie Schaffer at [edie\\_schaffer@yahoo.com](mailto:edie_schaffer@yahoo.com). ☐

### ERD 9 NERTs Visit Station 15

Edie Schaffer, Ingleside NERT

On Saturday, June 24, San Francisco NERT Program Coordinator Lt. Erica Arteseros and members of Balboa Terrace, Cayuga, Ingleside, Ingleside Terraces, St. Francis Wood, and Sunnyside NERT went on a field trip that is every NERT's dream. We visited our friends at San Francisco Fire Department Station 15. When a Level 3 or regional disaster is declared in San Francisco, Station 15 becomes Emergency Response District (ERD) 9, which is the assigned ERD for our teams. Thus, our visit was an important opportunity for us to meet station personnel before disaster strikes, and to thank them for the jobs they do every day in helping to keep us safe.

After a warm welcome from firefighters Peter Gross, Cesar Guillen, and Natalie Hernandez, Battalion Chief Mark Kearney showed us where he will be working during a disaster and where the ham radio equipment and Disaster Registry materials are stored at the station. The Chief took time to answer thoughtful questions from ERD9 NERTs. He even showed us the hydrant adapters used by the Department if mutual aid from neighboring fire departments is needed. NERT members had such a good time that no one wanted to leave.

If your neighborhood team would like to visit your ERD battalion fire station, contact Lt. Erica Arteseros at 415-970-2022. When you visit, consider taking a map of your neighborhood showing your staging area, a team roster that you can leave with the station, and some refreshments to share with the wonderful firefighters - our partners in disaster response. ☐



## More on "Heavy Rescue"

Carry the hose over your shoulder - and everyone puts it on the same shoulder. If the leader puts it on the left shoulder, so does everyone else.

Going upstairs? Follow close behind the leader and bring the hose as straight up as possible. Hose kinks in the turns!



## Riding the [Air] Waves

You can contact NERT hams through Bob Jacklevich, 415-282-4195 or KF6PFV on local repeaters. NERT Ham Communications Team (HCT) can listen and learn from the Auxiliary Communications Service. ACS holds two 'nets' weekly.

"Siren Net", every Tuesday at noon, is your chance to call in and report on the operation of sirens located throughout the City. Call in on the W6TP repeater: 443.100+ pl 114.8 or 146.79- pl 114.8.

"ACS Net" for ACS members is Thursdays at 7:30 p.m. on WA6GG repeater, 442.050+ pl 127.3. All are welcome! ACS Operations phone 415-558-2717.

San Francisco's geography makes it necessary to use different repeaters. Hams on the north and west sides of the City should use 145.150; on the east and south sides, use 146.79- or 443.100 pl 114.8. Red Cross Mass Care Shelter simplex frequency is 147.420; monitor 145.15+ and 146.79-.

The San Francisco Amateur Radio Club is another resource for Hams. Call 415-563-2111 or check the web site, [www.sfarc.org](http://www.sfarc.org) or phone 415-245-1114. The SFARC radio net is Mondays at 8 p.m. on the W6PW repeater, 145.150- pl 114.8.

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Program your radio so frequencies 01 through 13 are the SFFD Emergency Response District (ERD) stations. The frequencies are on page 7.



Wedges, heavy duty pry bars, plenty of cribbing and a careful team working AS a team defeat even this huge block of concrete. NERT rules apply: safety first! Push the pry bar down with palms of hands, fingers extended not wrapped around the bar. If you slip, you can release the bar - no smashed fingers! NEVER put your hands under whatever you're lifting!

NERT-power! Four people could barely lift the 6' I-Beam inches off the ground; but four NERTs and a "Z rig" can drag it more than 8 feet - easily. Firefighters rig the rope and pulleys; NERTs "take a walk". Mechanical advantage rules! Always at least 2 people are pulling at a time and 3 is better.



**NERT Neighborhood Team Directory**

*This directory is for the private use of NERT members only. Any other use is strictly prohibited. Teams are listed with coordinator, contact information, and staging area. If your neighborhood has no team coordinator, we are looking for a leader! Call the NERT office to find out more.*

**Alamo Square, ERD 1**

Call 970-2022 to volunteer

**Balboa Ter./Mt Davidson Manor, ERD 9**

Susan Yip, Sdyip@juno.com or 469-7559  
Aptos Middle School Field, Aptos@Ocean

**Bayview/Hunters Point, ERD 10**

Sister Diane Poole, 822-8437  
M.L.King, Jr. Pool, 3rd@Carroll

Jon Colias, 671-0203  
jcolias@yahoo.com  
Mendell Plaza (Mendell/Oakdale)

Jacqueline Bishop, 508-0153 or  
jacquelinbishop@sbcglobal.net  
Bret Harte School

**Bernal Heights, ERD 6**

N. Bernal:  
Adra Valentine and Brian Cronin,  
bernal\_nert@rev9.net  
Precita Park, Precita@Folsom  
S. Bernal:  
Cynthia Dai, sysnettech@sbcglobal.net  
Edward Whitmore, ekw2@mindspring.com  
Holly Park

**Cathedral Hill, ERD 2**

George Hughes, w0web@qsl.net  
Staging Area TBD

**Castro, ERD 6**

Call 970-2022 to volunteer  
Collingwood Rec Center

**Cayuga, ERD 9**

Barbara Fugate, mousecollector@msn.com  
Staging area TBD

**Chinatown, ERD 1**

Richard Young, richard@sustainlane.com  
Portsmouth Square

**Civic Center, ERD 2**

Mike Hassid, Michael.hassid@gmail.com  
Staging area TBD

**Cow Hollow, ERD 4**

Call 970-2022 to volunteer  
Staging area TBD

**Diamond Heights, ERD 6**

Call 970-2022 to volunteer  
Christopher Recreation Area

**Duboce Triangle, ERD 2**

Rochelle McCune, 861-5758  
Duboce Park, Duboce@Steiner

**Excelsior, ERD 9**

Darrell Bross, 469-9785  
dbrossl@rcn.com  
Crocker Amazon Park, Moscow@ France

**Fisherman's Wharf/N Waterfront, ERD 1**

Tim Shackelford, timshackelford@mac.com  
Staging Area TBD

**Glen Park, ERD 6**

Bonnee Waldstein, bonneew@comcast.net  
Kincy Clark, kincyc@yahoo.com  
Glen Park Rec Center

**Haight/Ashbury, ERD 2**

John D'Avolio, 415-517-5377,  
johnd@triggerfish.org  
Panhandle, Masonic@Oak

**Hayes Valley, ERD 2**

Jamie Lopez, webmaster@askv.org  
Hayes Valley Green, Octavia@Hayes

**Ingleside, ERD 9**

Edie Schaffer, 337-9735,  
edie\_schaffer@yahoo.com  
Holloway btw Capitol & Faxon

**Ingleside Terraces, ERD 9**

Barney Johnson, 584-5223  
Junipero Serra Blvd.@Mercedes

**Inner Richmond, ERD 7**

Vincent Louie, 387-4477  
Mt. Lake Park, Lake@9th Ave.

**Inner Sunset, ERD 7**

Call 970-2022 to volunteer  
Golden Gate Park, 7th Ave@Lincoln

**Laguna Honda, ERD 8**

Call 970-2022 to volunteer  
Triangle Park,  
Laguna Honda/Balceta

**Lakeside, ERD 9**

Gene Agatstein agat@ix.netcom.com  
Serra Playground, Stonecrest Drive

**Laurel Heights, ERD 4**

Barbara Graham, 425-3104  
bgrahamsf-nert@yahoo.com  
Laurel Hill Playground, Euclid/Collins

**Lone Mountain/Univ Terrace, ERD 7**

Tom Hicks, 309-2098,  
tomhicks@headwatersinstitute.org

**Marina, ERD 4**

Call 970-2022 to volunteer  
Moscone Playground, Chestnut/Buchanan

**Midtown Terrace, ERD 8**

Tony Marshall, aj\_marshall@yahoo.com  
Playgrnd Olympia@Clarendon

**Mission, ERD 6**

Sara Miles, sara@saramiles.net  
Niños Unidos Playground, Folsom & 23rd

**Mission Dolores, ERD 6**

Sally Swope, 558-8789  
sallyswope@earthlink.net  
Dolores Park stairs, 19th/Dolores

**Mt. Davidson/Miraloma, ERD 9**

Gary Isaacson, garyi6n@aol.com, 585-9729  
Jed Lane, 338-0201, jed@jedlane.com  
Miraloma Playground, Omar@Sequoia

**Nob Hill, ERD 1**

Buck Bradberry, 505 6678 or  
buck@buckbradberry.info  
Ritan Hurtado, 776-2742  
Huntington Sq Park, California@Taylor

**Noe Valley, ERD 6**

Maxine Fasulis, 641-5536  
mfasulis@yahoo.com  
James Lick School, Noe@Clipper

**North Beach, ERD 1**

Kathryn Newberg,  
matilda\_102@yahoo.com  
North Beach Playgrnd, Powell@Lombard

**North of Market, ERD 2**

Barbara Boice, bboice02@yahoo.com  
Boeddeker Park, Jones/Eddy

**North of Panhandle, ERD 2**

Alec Tune, alec.tune@gmail.com  
Panhandle, Oak@Masonic

**Outer Richmond, ERD 7**

David Hirtz, 387-4244  
Washington High School, 31st@Geary

**Pacific Heights, ERD 4**

Katherine Florio, kcflorio@hotmail.com  
Lafayette Park, Gough/Sacramento



**Park Merced East, ERD 9**

Daniel Zizmor, dmzizmor@yahoo.com  
 Parking Lot, 640 Palmetto

**Parkview, ERD 8**

Edward (Eddie) Cooke, 415-533-8833 -  
 cell, text; escooke2@gmail.com  
 Kezar Triangle, Lincoln@Arguello

**Potrero Hill, ERD 10**

Bob & Lynn Jacklevich, 282-4195  
 kg6cev@yahoo.com  
 Daniel Webster Schl, Missouri @ 20th

**Presidio Heights, ERD 4**

Carol Solfanelli, Solfanelli@earthlink.net  
 Presidio Heights Playground,  
 Clay@Laurel

**Russian Hill, ERD 1**

Betti Miner is on vacation (2 months)  
 Helen Willis Playground  
 Kathryn Newberg,  
 matilda\_102@yahoo.com  
 N. Beach Playground

**St Francis Woods, ERD 9**

Herb & Marnie Gerlach, 664-5215  
 Terrace Green, Santa Clara@Terrace

**South of Market, ERD 3**

Brian Dicrocco,  
 brian\_dicrocco@yahoo.com  
 Moscone - Yerba Buena Gardens

**SOMA Sixth Street Corridor, ERD 3**

Gary Schlotterbeck, 971-7096  
 pro3steeldriver@sbcglobal.net  
 Staging area TBD

**Sunnyside, ERD 9**

Robert and Bonnie White, 452-0253  
 robonwhite@aol.com  
 Sunnyside Recreation Center

**Sunset/Parkside, ERD 8**

Diane Rivera, 753-1443,  
 dianariver@aol.com  
 John O'Connell Library, 39th@Ortega

**Telegraph Hill, ERD 1**

Jack Oswald, joswald@alio.tv  
 N. Beach Playgrnd, Powell@ Lombard

**Treasure Island, ERD 13**

Jeff Gibbs, 391-2328,  
 jsgibbs@nighthawkintl.com  
 School Playground near Station 48

**Visitation Vly/Little Hollywood, ERD 9**

Rick Graham, 468-5838  
 Community Center, 50 Raymond

**West Portal/Parkside, ERD 8**

Diana Lum, dlum@wcf.com or 731-7793  
 Larson Park, 19th Ave@Ulloa

**Western Addition, ERD 5**

Call 970-2022 to volunteer  
 Uptown Church of Christ, Fillmore@ McAl-  
 ister, Tennis Courts, Clay@Steiner

**Westwood Park, ERD 9**

Wayne Yake, cdryake@speakeasy.net  
 James Juanillo, james.juanillo@prurealty.com  
 Xemena Cordova, ximena@ C21scottkeys.com  
 Montecito Green, Montecito@Plymouth

## Advanced Training - 'Lashing' and Stokes



Lessons in lashing - and in trust! Cedric lets the team - Jason, Jamie, Adra and Kathy - tie him up and turn him over! Instructor Ed Chu taught them well!

The litter is called a "Stokes" and is often used in cliff-side rescue. The lashing is three 12-foot lengths of webbing tied with slip knots and half-hitches. Never tie over the outside frame!

## ERD Information

Ham radio operators: For the latest update on ERD simplex frequencies, contact the ACS Operations Officer at 415-558-2717.

ERD	Address	Simplex	Disaster Care Facility
ERD 1	1340 Powell St.	145.560	Chinese Hospital, St. Francis
ERD 2	109 Oak St.	144.240	Kaiser, St. Francis
ERD 3	36 Bluxome St.	146.490	SF General, St. Francis
ERD 4	2150 California St.	147.435	Cal Pacific Med Center-Sacramento St.
ERD 5*	1443 Grove St.	145.530	UCSF, St. Mary's, Cal Pacific, Kaiser-Geary
ERD 6	3880-26th St.	147.510	St. Luke's Hospital, SF General
ERD 7	441-12th Ave.	147.570	VA Hospital, Kaiser, Cal Pacific-California St.
ERD 8	2155-18th Ave.	147.540	Seton Medical Center
ERD 9	1000 Ocean Ave.	147.405	Seton Medical Center
ERD 10	2245 Jerrold	144.270	SF General Hospital
ERD 11	The Presidio	146.475	VA Hospital, Kaiser
ERD 12	Treasure Island	146.595	None

For the location of American Red Cross shelters and first aid centers, listen to the Emergency Alert System following a major disaster. In San Francisco: KCBS 740AM.

# September-October 2006 Class Schedule

**TO ENROLL- Call 415-970-2024 or go to <http://www.sfgov.org/sffdert> for online registration.**

Share the schedule with family and friends. Be sure to tell them: They can take the training at any location. They can "mix & match" sessions to match their schedules . . . can't make all the Tuesday sessions? Make them up on Saturday or Thursday.

## **USF Campus hosts**

**Begins Sept 16, Saturdays, 9:00am-4:00pm**

Sept 16, 23\*, and 30; Lunch **not** provided

USF McLaren Hall Room 250, Student activities Center

## **Civic Center**

**Two Day Intensive! 8:00am-5:00pm**

October 6 and 18; lunch **not** provided

Hiram W. Johnson State Bldg, [350 McAllister](#)

Milton Marks Conference Auditorium

## **Financial District - Federal Reserve Bank hosts**

**Begins Oct 19, Thursdays, 9:00am-4:00pm**

Oct 19, 26, and November 2, lunch **not** provided.

Federal Reserve Building, [101 Market/Spear](#)

Require State issued ID for entry

## **Marina/Cow Hollow/Golden Gate Valley**

**Begins Oct 2, Mondays, 6:30pm-9:30pm**

Oct 2, 9, 16, (skip 23), 30, Nov 6, and 13

Golden Gate Yacht Club, [One Yacht Road](#)

enter Lyon Street from Marina Blvd

**Two more classes will be held this calendar year. Locations in Bernal Heights and Noe Valley will be confirmed soon. Please check the website for final details.**

Want to host a NERT training in your San Francisco neighborhood? You must have a minimum of thirty sign-ups and an ADA compliant space able to accommodate at least sixty people. If you do, please contact the NERT Program coordinator at [sffdert@sfgov.org](mailto:sffdert@sfgov.org).

**Check the NERT web site for the latest information on scheduled classes.**

**Victims needed for every class 6 (last one listed).  
It's fun, it's free, it's a great way to learn!**



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**On the web at:  
[www.sfgov.org/sffdert](http://www.sfgov.org/sffdert)**

**It's our fault! Get ready! Get NERT!**