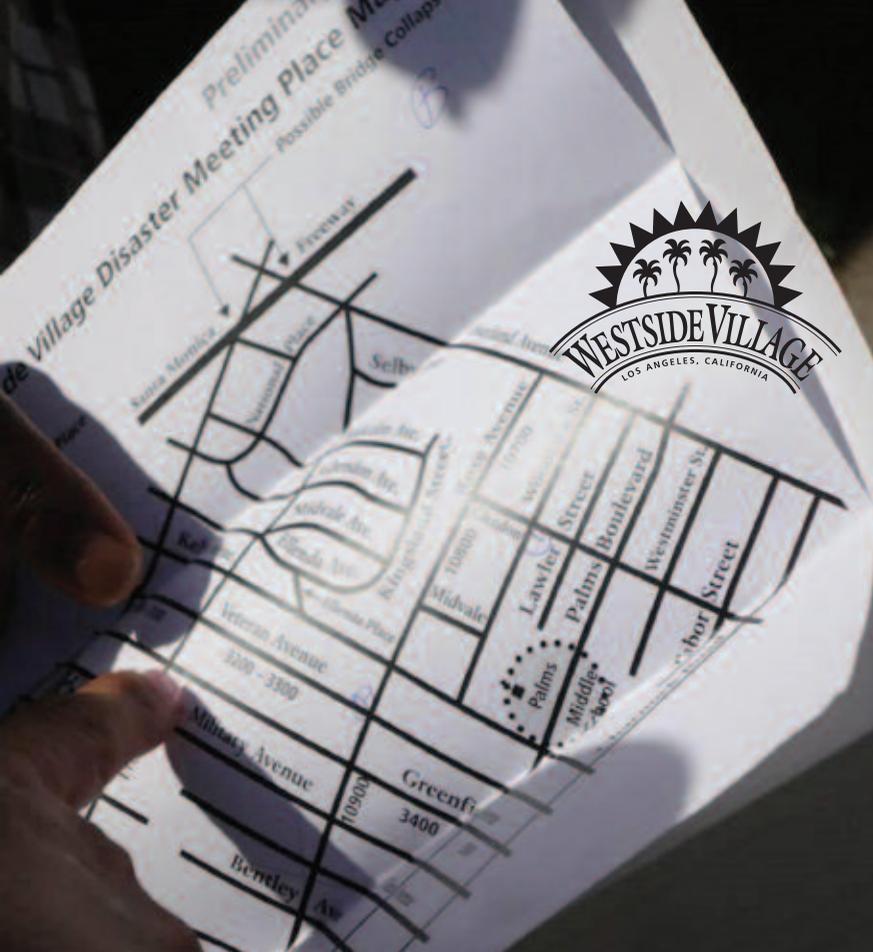


Westside Village News & Views



President's Message

By Brian Considine, President of the WVHA

The 2015 Annual Meeting of the WVHA was held in the Fellowship Hall at St. John's Church on Thursday, February 26 at 6:30. Brian Considine, President of the WVHA welcomed the group and then acknowledged the passing of former Board members Ray Harder and Cal Knecht. He then spoke of several topics that the Board had been working on including the WVHA's new website and the problem of RV's parking on residential streets near Westside Village.

The following Board members were re-elected: Bill Pyne, Shelly Cole (who has since left the area), Roberta Schiller, Carolyn Saltsman, Don Elliott and Kristen Killey. Bill Koontz of the Mar Vista Community Council addressed the meeting and suggested that MVCC Zone 1 (Westside Village) should be included in MVCC events and notices and then spoke of the Santa Monica airport. He said that when the current guidelines for permitted landing expire (July 2015), 95% of the planes would be barred from landing.

City Councilman Paul Koretz introduced his new Field Deputy Joseph Galloway and acknowledged

Jeanne Parker for her continuing efforts on behalf of the neighborhood. Specific issues that he addressed were: the RV parking (they were working on it), loud parties (possibility of citations and fines before legal action), Expo line (to be completed in Spring 2016, neighborhood permitted parking near the stations), Santa Monica Airport (actively working to shut it down), the Casden Project (the property may be sold), and finally, he thanked Valerie Fontaine for her great work on Emergency Preparedness.

Senior Lead Officer Juan Ceja then spoke and reminded everyone that burglaries were increasing and that people should keep their doors and windows locked.

Assistant District Attorney Claudia Martin, who works on criminal prosecution, addressed the meeting about the RV problem. She explained that the applicable laws complicated evicting the vehicles and that she was working on it. Ultimately, the RV's moved from Sepulveda because signs were posted limiting the parking.

Guita Farin and David Graue spoke about Neighborhood Watch and urged everyone to join nextdoor.com to facilitate creating a community and communication.

Finally, Valerie Fontaine spoke about emergency supplies for the Westside Village that are stored at Adat Shalom and urged everyone to have a home emergency supply kit.

Now you can pay membership dues online! Go to www.westsidevillage.org and click on "About Us" and choose "Membership"

Mar Vista Community Council Hosts Meeting on the Proliferation of Treatment Facilities in R-1 Neighborhoods

By Brian Considine

A meeting was held at Windward School on August 18 and was chaired by Mitchell Rische of the MVCC Board. The meeting drew an overflow crowd of Mar Vista residents who had many issues and grievances to air. Of great interest was the discussion of the proliferation of treatment facilities in our residential neighborhoods.

While there are many of these treatment centers, some of which treat patients with substance abuse or other serious issues, much of the meeting centered on one of three group homes that house patients receiving treatment at a clinic on Venice Blvd. for non-violent and non-substance –related issues. One of the partners, a psychiatrist, who owns and operates the clinic was there to explain what they were and were not doing, how long their patients typically stayed, what supervision there was and what their plans were, and how many cars parked there. He answered dozens of questions.

Senior City Planner Thomas Rothmann addressed the meeting and tried to explain the complexities of the different statutes and regulations that cover these facilities. While the larger ones are licensed and subject to limits, there are many that are legally unlicensed and are, in the eyes of the law, no different from a family home. Of greatest concern to a number of people was the number of these facilities found on a single block, for example, there are five on one block in Mar Vista. Mr. Rothmann said that there is a proximity limit of 300 feet, but no limit to the number of facilities on a block.

Tricia Keane, Director of Land Use and Planning for City Councilman Mike Bonin, joined Mr. Rothmann. Like Mr. Rothmann, Ms. Keane worked hard to educate the group on the nuances of the law. For example, a facility could be in violation of the LA city code, but if the State has an interest in the facility, State law trumps city law, so the city could not

intervene. She also explained that a facility could be within the city zoning code, but, because of the number of occupants, it could be in violation of the city's building code, so that department might intervene. Both Ms. Keane and Mr. Rothmann explained that the city's definition of a single-family home was extremely broad and that a group of people seeking treatment fell within that definition. And there is no limit to the number of occupants in a single-family home.

Ken Alpern, member of both the MVCC and the WVHA Boards, summed up what a lot of people were asking by saying that we hear constantly about what you can't do (the RV parking, for example), but we hear very little about what you can do for us. Isn't it time that you addressed that?

Ms. Keane promised that the CD11 office would look into this matter, with the focus on what it could legally do, and what it could work on with the City Attorney. The residents were frustrated, in that there were legal limits of what they could do yet there did appear to be a problem that remains unaddressed, both in the MVCC and throughout the City's single-family residence neighborhoods.

Ken Alpern promised that he would continue to focus on this from a transportation/infrastructure (T/I) perspective, and the MVCC T/I Committee continued the discussion on this matter on August 27th.

Traffic Safety

Are you concerned about cars speeding down your street and zooming through the stop signs?

Several residents raised these issues at the recent WVHA annual meeting held February 26, 2015 at St. John's Presbyterian Church. Our LAPD Senior Lead Officer, Juan Ceja, responded that he and other officers are happy to step up enforcement. But, be careful what you wish for: Officer Ceja says that most offenders are Westside Village residents, not outsiders rushing through our neighborhood. In the past, speeders and non-stoppers may have received warnings; now they will get traffic tickets.

So, slow down, stop at the signs, and follow all other traffic laws. You'll avoid traffic tickets and we'll all be safer!

Welcome to Westside Village

By Roberta Schiller

We are excited to welcome three new businesses to Westside Village. As always, we hope that Villagers will support these “newcomers” and help make them a success!

Earlier this year, the former Albertson's at Sepulveda and Palms was bought by Haggen Food and Pharmacy, the largest independent grocery retailer in the Pacific Northwest. New to California, the company has opened several Southern California markets.

Unfortunately, not all have succeeded. However, our local Haggen Market is a wonderful place to shop. They retained the friendly and helpful staff who are available to assist shoppers discover the excellent fresh produce as well as fine meats and fish. If you haven't visited Haggens yet – please do!

For coffee lovers, two new coffee shops will be added to our neighborhood. Between the Bagel Factory and Vons at the corner of National and Sepulveda, Starbucks is opening. And, nearby, on the southeast corner of Overland and National Place, a new Coffee Bean & Tea Leaf is being built (just a tiny bit outside our WV borders but close enough to walk to!).

It's very important that we support our new businesses and keep Westside Village a great place to live and work.

Second Annual WVHA Preparedness Fair

Save the Date!

Thursday, October 1, 2015, 7-9pm

**St. John's Presbyterian Church,
National and Military**

This year, the theme will be:

**What to Have and Do Before, During,
and After an Earthquake.**

Experts will share specific information on how to prepare your home to minimize injuries and damage, what you need to include in your earthquake preparedness to-go and sheltering-in-place kits, how to choose family meet-up locations and make a communication plan, what to do when the shaking starts, and how to recover once the shaking stops. Other topics include: the dangers posed by your utilities and how to prevent and handle them; special planning strategies for children, the elderly, people with special needs, and pets; the basics for handling injuries, and disaster communications options.

Disaster supply vendors will be on-hand so you can see, touch, and purchase items for your preparedness kits. We'll also discuss opportunities for further training and practice drills in Westside Village.

Don't miss the chance to win door prizes to add to your preparedness supplies!

PepC Update

As reported in our last newsletter, Westside Village Homeowners Association joined forces with other community and faith-based organizations to form the Palms Emergency Preparedness Coalition (PepC). PepC's mission is to assist with emergency preparedness in Palms through public awareness, public education, and disaster planning. This spring, PepC offered a Disaster Awareness Course and distributed educational materials at several community fairs and gatherings.

With funding supplied by a grant from the United States Centers for Disease Control, administered by

Earthquake

the Los Angeles County Department of Public Health through the Los Angeles County Disaster Resilience Project, PepC purchased emergency supplies and water. These supplies are stored at “Refuge Centers” at the IMAN Cultural Center on Motor Avenue, Adat Shalom at National and Westwood, Sikh Dharma near Pico and Robertson, and St. Mary in Palms Episcopal Church on Watsetka. They will be made available to the public at each of these locations during an emergency. Please note that these supplies are intended to supplement, not substitute for, individual household preparedness kits!

In Westside Village, PepC located seven refuse-type bins full of supplies at Adat Shalom in November, and added emergency water in July. We plan to buy an outdoor storage shed large enough for additional supplies paid for by the WVHA.

Currently, PepC meets on the second Tuesday of each month at the IMAN Center in Palms, 3376 Motor Avenue, Los Angeles, CA 90034, at 7PM, and anyone interested is welcome to attend. You also can “like” and follow PepC on Facebook: facebook.com/PepC90034. To receive updates on PepC programs and activities, send your e-mail request to: pepc034@gmail.com or contact westsidevillagntp@gmail.com.

Westside Villagers Earn Green Helmets and Vests

Over the past year, more than two dozen Westside Village residents completed the LAFD’s free CERT training course, joining the ranks of previously trained Westside Villagers and earning their green vests and helmets to wear when responding in the event of a disaster. CERT (Community Emergency Response Team) training prepares you to help yourself, your family, and your neighborhood in the event of an emergency. The classes are open to everyone over 18, including those who took the course previously and want to refresh their disaster preparedness skills.

During CERT training, you learn to:

- *prepare your home and family for emergencies;*
- *manage utilities and put out small fires;*
- *treat the three top medical killers by opening airways, controlling bleeding, and treating for shock;*
- *provide basic medical aid;*
- *search for and rescue victims safely;*
- *effectively organize volunteers;*
- *and collect disaster intelligence to support first responder efforts.*

CERT training consists of seven weekly 2-1/2 hour evening classes and are offered, free of charge, several times a year at locations around the city. If you miss a class, you can go to any other location to make it up. For more information and upcoming class schedules, see www.cert-la.com.

If the CERT course is more of a commitment than you can make right now, the Neighborhood Team Program (NTP), while not a substitute for CERT training, offers a simplified response program in which everyone can participate. The Westside Village Preparedness Team is comprised of neighborhood residents, of any fitness level, who join with local CERT-trained volunteers to participate in training exercises. Please join the WVHA programs to learn the necessary basics of home and family disaster readiness, light search and rescue, damage assessment, communications and field-level medical treatment.

When disaster strikes, first responders will be overwhelmed and we need to be ready to rely on ourselves and each other for several days or longer until help arrives.

To volunteer or more information, contact Valerie Fontaine at westsidevillagntp@gmail.com or visit www.ntp-la.com.

Preparedness

Disaster First Aid Training by an EMT

Most lives are either saved or lost in the first minutes and hours after a disaster according to Marci Sandell, a retired EMT (Emergency Medical Technician). Almost 50 members of the Westside Village Preparedness Team and interested residents and neighbors packed the Palms-Rancho Library community room on Wednesday, August 19, 2015, for disaster first aid training. Marci, our instructor, covered the most essential life- and limb-saving skills to help ourselves, our families, and our neighbors after a disaster, such as an earthquake.

Disaster first aid differs from the typical medical assistance administered in an individual emergency situation. After an earthquake, for example, there may be a massive number of victims in urgent need of help, with very few caregivers at hand. Police, fire, and ambulance response won't be available immediately. Therefore, regular citizens need to know how to help the most people in the least amount of time.

As we learned in this session, basic disaster first aid skills are practical and doable by the average person. In a mass emergency situation, certain kinds of injuries, such as cuts, burns, and broken bones, will be prevalent. The most severely injured may suffer from potentially life-threatening conditions such as blocked airways, severe bleeding, or shock.

In this training, Marci showed us how to address these dangerous conditions as well as how to: triage, (quickly determine the severity of injury and prioritize the order of treatment for a group of victims); conduct a head-to-toe injury assessment; perform the Heimlich Manoeuvre for choking; bandage and splint various injuries; and maintain sanitary conditions, including purifying water.

She also reviewed what we should have in our trauma first aid kits, so don't forget to pack those supplies with your earthquake preparedness gear!

5-Step Neighborhood Preparedness Organizing Begins

Your neighbors on the 3200-3300 block of Greenfield Ave. put their training into action and are well along in the process of organizing a preparedness team using the 5-Step process. They hope to be part of a larger network of preparedness teams in Westside Village and offered to help other blocks get started.



Their planning process began when three Greenfield Avenue residents, Sue Hannan, Ajay Rai, and Andy Moss, attended an organizing meeting on October 7, 2014 at the Palms-Rancho Branch of the LA City Library. Sponsored by the Westside Village Homeowners Association, that meeting introduced Westside Village residents to the 5-Step Planning Process developed by the City of Los Angeles Emergency Management Department. The primary purpose of the plan is to outline strategies for neighborhood members to sustain themselves in the event of a disaster until City services and outside support arrives. It is built on the concept of "neighbor helping neighbor".

Earthquake

Sue, Ajay, and Andy met the following week. Later joined by Lisa Gillette, they initiated a planning process that included an open, introductory gathering of their neighbors on November 4, 2014, during which they presented the process and distributed surveys. Leadership of the planning process has been entirely voluntary and, over the course of the plan's development, the initial four added new core team members including Ann Marie Rucker, Yael Hartstein and their Neighborhood Watch block captain, Kenny Williams. Going forward, they expect even more neighbors to be actively involved.



Using the survey provided in the 5-Step Kit, the team received a 77 % response rate thus far. They've learned that their block consists of 44 homes with 46 households and, like most of Los Angeles, its residents are ethnically and culturally diverse. In

addition to English, languages spoken include Burmese, French, Hebrew, Hindi, Italian, Kannada, Spanish, Thai, Tulu, and Urdu. Survey results also identified residents with CERT training, various types of medical experience, and practical skills such as information technology, plumbing, and mechanics. They also took inventory of the amount and location of supplies such as hand-held radios, tools, and survival or camping equipment. Some residents offered to use their vehicles or bicycles in the event emergency transportation was needed.

The planning committee drafted a basic plan which identifies threats and risks to the neighborhood, neighborhood assets (skills and materials), and a community disaster response strategy. They also

included appendices detailing how specific tasks, such as communications, triage and first aid, or search and rescue will be performed; describing responses to specific hazards such as floods or earthquakes; and various ways individual households can prepare for and respond to emergencies. They designated a disaster meet-up spot, and their next steps include identifying locations, within their block, for care centers for the elderly, children, and those needing special assistance, and for medical treatment and animal rescue.

Their plan states. "We have developed this plan not simply as a written document but as the beginning of an educational process that we intend to sustain for ourselves as individuals and for our neighborhood as a whole. Preparedness planning is an essential form of community building: neighbor helping neighbor." One of the organizers, Ajay Rai, remarked that this process has been a great way to get to know his neighbors. As he says, a disaster is not the time to start making friends.

www.5steps.la has everything you need to host a planning meeting on your block, including a link to an inspirational introductory video, an invitation template, a script for you to use at your organizational meeting, a sample disaster plan, and a template for you to create a plan for your block. For more information, or to contact one of the Greenfield team organizers, email westsidevillagertp@gmail.com.

Our Phones Are Out, Now What?

In a regional emergency such as an earthquake, our communications systems—cell phones, land lines, and Internet—likely will fail. FRS (Family Radio Service) radios, which are small, portable hand-held devices that function similar to walkie-talkies, work well for short range communication. They are an important part of your family's disaster preparedness kit.

Preparedness

On Saturday, March 14, 2015, approximately 25 Westside Village residents and neighbors assembled at the “Incident Command Post,” near the flagpole in front of Palms Middle School, to learn how to use their FRS radios and practice their skills in a simulated emergency drill.

After a short lesson on how to use the radios, the lingo, and emergency communications etiquette, they split into teams of two. Each pair was given an envelope containing a map of Westside Village and two “incidents” to report. They spread throughout the neighborhood to their assigned locations and took turns calling in the details of their incidents (such as a fire, injured residents, damaged buildings, etc.) to the scribe, who remained at “Incident Command” and logged the information, as they would in a real disaster situation.

After reporting their second incidents, everyone returned to the Incident Command Post to debrief. In addition to learning how to use their radios, the participants discovered that FRS communication is affected by altitude, terrain, and surrounding structures. They learned how to compensate so their messages were received.

All in all, the participants thought it was a valuable experience, and left with the reminder to keep their radios charged, and keep practicing!

To build on that drill, the WVHA organized a follow-up session on May 19, 2015, at the Palms-Rancho Library. While enjoying a pot-luck dinner, approximately 25 residents learned about additional methods of emergency communications. Susan Silver, CERT-trained leader of the Rancho Park North Neighborhood Preparedness Team, spoke to us about various radio communication devices, including FRS (which we used in our drill), GMRS (similar, but more powerful and requires a license to operate), and ham radio, the most powerful.

Susan described ham radio training and the licensing exam, and encouraged us to become ham operators.

The process is relatively simple, inexpensive, and does not require lots of time. With a few licensed ham radio operators in Westside Village, in the event of a disaster, we can coordinate the information we gather on foot and via our FRS radios, and relay it to others outside our neighborhood, in addition to learning what is going on in the larger community. If you are a licensed ham radio operator, or are interested in learning more about it, please contact westsidevillagentp@gmail.com.



Please let us know what you think.

If you wish to contribute to News and Views, please email us at board@westsidevillage.org
Visit us at www.westsidevillage.org

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Our newsletter is written and produced by volunteers.

*Roberta Schiller – editor
Donald Elliott – design and production
Articles written by Westside Village residents.
Distribution by Westside Village Block Captains.*

*If you are interested in submitting an article please reply to board@westsidevillage.org
All articles are subject to acceptance and editing.*

Westside Village Earthquake Preparedness Fair Thursday October 1 7 to 9 pm

Get to know your neighbors and learn how to protect yourself, your family, and your neighborhood!

**St. John's Presbyterian Church
at National Blvd. and Military Ave.**

Support The WVHA – We're Working For You!

Your Westside Village Homeowners Association is working on behalf of all of Westside Village to provide an Emergency Preparedness Event as our way to make our community safer and more prepared to deal with whatever emergency we may encounter. We hope that you will take advantage of this opportunity and attend the Earthquake Preparedness Fair on October 1st. Your \$20.00 annual dues helps to make these events happen. If you haven't paid this year, please make sure you submit your dues in the attached envelope. **www.westsidevillage.org**

