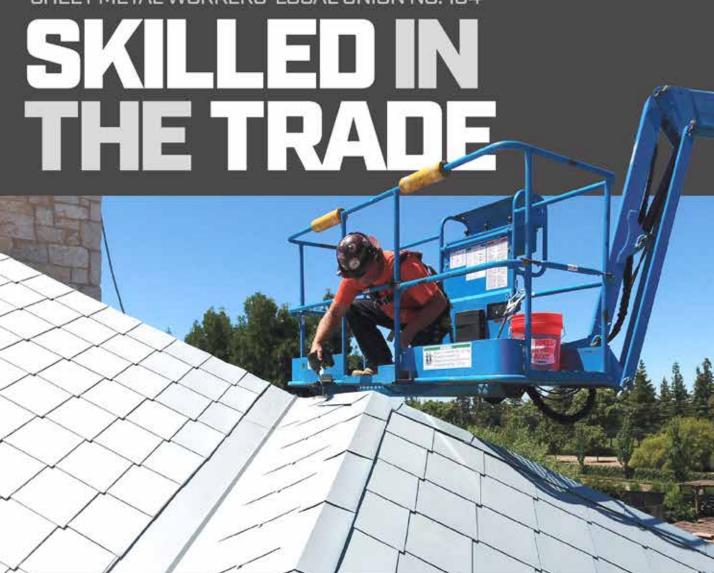




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Message from the President

On behalf of the San Jose Police Officers' Association membership, I am honored to represent over one thousand active men and women who commit themselves to ensure the public's safety within the City of San Jose.

We could not effectively accomplish this task without your continued support, commitment, and generosity in working together to address concerns to ensure public safety for all. Our environment is constantly changing and challenged with the demands to suppress crime on a day to day basis. A multitude of issues could not be effectively addressed without your positive and energetic line of communication to impact these factors within our society.

The men and women of the San Jose Police Officers' Association are dedicated to preserving a partnership with the citizens and community to effectively deter and stop immoral and criminal activity. Together, we will endeavor to maintain an optimistic level of professionalism for our law enforcement officers.

Again, thank you for your active participation and continued support.

Steve Slack President San Jose Police Officers' Association Charitable Foundation





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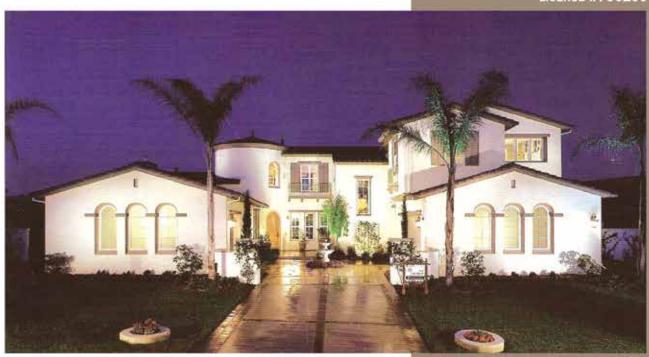
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About the SJPOA Charitable Foundation

The San Jose Police Officers' Association Charitable Foundation (SJPOA CF) provides financial support to charitable organizations within the community. Funding is made possible through SJPOA members' contributions, outside donations, and fundraisers. The SJPOA CF supports four main categories of programs:

Organizations that benefit our community's youth

The SJPOA CF recognizes that providing positive activities helps to reduce the amount of problems going forward. Some of these organizations include: San Jose Police Athletics League, San Jose Hockey Club, Oak Grove Little League, Big Brothers, Big Sisters, Abrazos and Books, Boys and Girls Clubs of Silicon Valley, East Side Heroes, Safe from the Start, Blue Christmas Toy Drive, and the Cops Care Cancer Foundation.

Organizations that strengthen the bond within the community

Making activities available allows people to come together and create a positive environment to live in. Organizations that aide in this include: the Police Amateur Athletics Foundation, the Special Olympics, People Acting in Community Together, and the American Red Cross.

Organizations that provide support to our community's policing

Important organizations that help reduce crime include: Mothers Against Drunk Driving, Next Door Solutions to Domestic Violence, the Exchange Club of San Jose, Silicon Valley Crime Stoppers, Golden Badge Foundation, Santa Clara County Peace Officers' Association, and the California Narcotics Officers' Association.

Organizations that benefit Police Survivors and Police Memorials

San Jose Police Chaplaincy, San Jose Police Foundation, San Jose Police Emerald Society, Concerns Of Police Survivors, and the California Peace Officers' Memorial Foundation.

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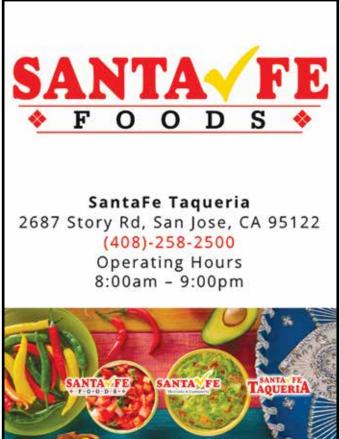
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For the next big disaster?

The first 72 hours after a major disaster such as an earthquake, flood, tornado or fire are critical. Electricity, gas, water, and telephones may not be working. In addition, public safety services such as police and fire departments will be busy handling serious crises. You should be prepared to be self-sufficient -- able to live without running water, electricity and/or gas, and telephones -- for at least three days following a quake. To do so, keep on hand in a central location the following:

Food. Enough for 72 hours, preferably one week.

Water. Enough so each person has a gallon a day for 72 hours, preferably one week. Store in airtight containers and replace it every six months. Store disinfectants such as iodine tablets or chlorine bleach, eight drops per gallon, to purify water if necessary.

First aid kit. Make sure it's well stocked, especially with bandages and disinfectants.

Fire extinguisher. Your fire extinguisher should be suitable for all types of fires. Teach all family members how to use it.

Flashlights with extra batteries. Keep flashlights besides your bed and in several other locations. DO NOT use matches or candles after an earthquake until you are certain there are no gas leaks.

with some basic planning and thinking ahead, you can be prepared to survive alone after a major disaster.

Portable radio with extra batteries. Most telephones will be out of order or limited to emergency use. The radio will be your best source of information.

Extra blankets, clothing, shoes and money.

Alternate cooking sources. Store a barbecue or camping stove for outdoor camping. CAUTION: Ensure there are no gas leaks before you use any kind of fire as a cooking source and do not use charcoal indoors.

Special items. Have at least a week's supply of medications and food for infants and those

with special needs. Don't forget pet food.

Tools. Have an adjustable or pipe wrench for turning off gas and water.



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Are You Prepared for

Medical Emergencies



The 1971 Sylmar 6.5 earthquake provided everyone to be as prepared as possible for a broad desperately needed shaking information spectrum of medical emergencies.

Avoid and

windows to

reduce potential

injuries from

flying glass

that helped engineers and architects making buildings and other structures more seismically resistant. Within a year new building codes were implemented for bridges, hospitals, high rise structures, tiltup construction, and earthen dams. Unfortunately, retroactive provisions were not included in the new codes.

Seventeen hospitals in the San Fernando Valley were damaged or destroyed in the Sylmar quake. A pre-1931 wing of the Veterans Hospital collapsed, claiming 50 of the 56 earthquake victims. Olive View Hospital, nearly filled with more than 600 patients and opened only three months earlier, was a total loss. The four hospitals in the most seriously damaged area could not be used to treat the injured from the community. Their medical staffs were fully occupied with transferring all patients to other hospitals.

A major concern of the U.S. Office of Emergency Preparedness is the vulnerability of older hospitals to grave damage during earthquakes. The horror of possibly losing major medical treatment facilities in a large stricken area emphasizes the need for

As you are aware, many injuries occur from flying glass from windows, move away from mirrors or picture frames glass, both

> For example, six huge plate glass windows in the Coalinga Junior High School library imploded into thousands of deadly shards when the area was hit

in our home or place of employment.

by the May 1983 earthquake. There were no deaths or serious injuries only because the school day had ended less than an hour earlier.

Most cities require the use of safety glass for ground floor entrances, but not for other building windows. At the first sign of an earthquake, move quickly away from any window or large mirror. Non-safety glass will shatter and often fall out of window frames when struck by flying objects or subjected to severe shaking. The potential for injury is high.

The transparent window film commonly used to reduce solar heat input can be effective in reducing the hazards of broken glass. A two millimeter thick version is especially recommended, which will make glass stronger and shatter resistant.



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The California School Employees Association



San Jose Police Officers' Association Charitable Foundation (SJPOACF)

for your efforts to enhance our community through your charitable contributions and valuable programs.



Ben Valdepeña Association President Dave Low Executive Director





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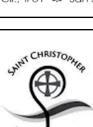
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Prepare Family Disaster Plan



Household emergency plans should be kept simple. The best emergency plans are those that are easy to remember.

• Identify family meeting places in case you are separated from each other. Choose a place in a building or park outside your neighborhood. Everyone should be clear about this location.

- Be familiar with escape routes. It may be necessary to evacuate your neighborhood. Plan several escape routes for different contingencies.
- Maintaining a link to the outside can be crucial. Keep a battery operated radio and extra batteries on hand. Make sure family members know where the radio is kept.
 - Post emergency phone numbers (fire, police, ambulance) by the telephone.
 - Teach children how to call 911 for help.
 - Teach household members how to turn off utilities.

• Develop an emergency communication plan. In case family members are separated from one another, develop a plan for reuniting after the disaster. Ask an out-of-state relative or friend to serve as the family's contact. Make sure everyone knows the telephone number of this contact. ★



Develop
a plan of action
for your family to
be ready for any
type of disaster
that could strike.

Earthquakes

Earthquakes strike suddenly, violently and without warning. Identifying potential hazards ahead of time and advance planning can reduce the dangers of serious injury or loss of life from an earthquake.



Check for hazards in the home.

- Fasten shelves securely to walls.
- Place large or heavy objects on lower shelves.
- Store breakable items such as bottled foods, glass, and china in low, closed cabinets with latches.
- Hang heavy items such as pictures and mirrors away from beds, couches, and anywhere people sit.
- Brace overhead light fixtures.
- Repair defective electrical wiring and leaky gas connections. These are potential fire risks.
- Secure a water heater by strapping it to the wall studs and bolting it to the floor.
- Repair any deep cracks in ceilings or foundations. Get expert advice if there are signs of structural defects.
- Store weed killers, pesticides, and flammable products securely in closed cabinets with latches and on bottom shelves.

Identify safe places in each room.

Under sturdy furniture such as a heavy desk or

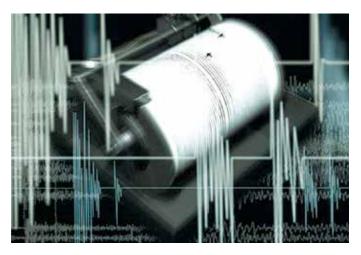


table.

- Against an inside wall.
- Away from where glass could shatter around windows, mirrors, pictures, or where heavy bookcases or other heavy furniture could fall over.

Locate safe places outdoors.

In the open, away from buildings, trees, telephone and electrical lines, overpasses, or elevated expressways.

Make sure all family members know how to respond after an earthquake. Teach all family members how and when to turn off gas, electricity, and water.

Teach children how and when to call 9-1-1, police, or fire department and which radio station to tune to for emergency information.

Contact your local emergency management office or American Red Cross chapter for more information on earthquakes.

Have disaster supplies on hand.

- Flashlight and extra batteries
- Portable battery-operated radio and extra batteries
- First aid kit and manual

Continued

reduce the

dangers of

serious injury

or loss of life.

- Emergency food and water
- Non-electric can opener
- Essential medicines, cash and credit cards, sturdy shoes

Develop an emergency communication plan. In case family members are separated from one another during an earthquake (a real possibility during the day when adults are at work and children are at school), develop a plan for reuniting after the disaster.

Ask an out-of-state relative or friend to serve as the "family contact." After a disaster, it's often easier to call long distance. Make sure everyone in the family knows the name, address, and phone number of the contact person.

DURING

If indoors:

- Take cover under a piece of heavy furniture or against an inside wall and hold on.
- Stay inside.
- The most dangerous thing to do during the shaking of an earthquake is to try to leave the building because objects can fall on you.

If outdoors:

- Move into the open, away from buildings, street lights, and utility wires.
- Once in the open, stay there until the shaking stops.

If in a moving vehicle:

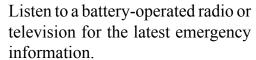
• Stop quickly and stay in the vehicle.

- Move to a clear area away from buildings, trees, overpasses, or utility wires.
- Once the shaking has stopped, proceed with caution. Avoid bridges or ramps that might have been damaged by the quake.

AFTER

Be prepared for aftershocks. Although smaller than the main shock, aftershocks cause additional damage and may bring weakened structures down. Aftershocks can occur in the first hours, days, weeks, or even months after the quake.

Help injured or trapped persons. Give first aid where appropriate. Do not move seriously injured persons unless they are in immediate danger of further injury. Call for help.



Remember to help your neighbors who may require special assistance--infants, the elderly, and people with disabilities.

Stay out of damaged buildings. Return home only when authorities say it is safe.

• Use the telephone only for emergency calls.

- Clean up spilled medicines, bleaches or gasoline or other flammable liquids immediately. Leave the area if you smell gas or fumes from other chemicals.
- Open closet and cupboard doors cautiously.
- Inspect the entire length of chimneys carefully for damage. Unnoticed damage could lead to a fire.



INSPECTING UTILITIES IN A DAMAGED HOME

Check for gas leaks -- If you smell gas or hear blowing or hissing noise, open a window and quickly leave the building. Turn off the gas at the outside main valve if you can and call the gas company from a neigh-bor's home. If you turn off the gas for any reason, it must be turned back on by a professional.

Look for electrical system damage--If you see sparks or broken or frayed wires, or if you smell hot insulation, turn off the electricity at the main fuse box or circuit breaker. If you have to step in water to get to the fuse box or circuit breaker, call an electrician first for advice.

Check for sewage and water lines damage--If you

the toilets and call a plumber. If water pipes are

damaged, contact the water company and avoid using water from the tap. You can obtain safe water by melting ice cubes.

Look for electrical system damage--If you see sparks or broken or frayed wires, or if you smell hot insulation, turn off the electricity at the main fuse box or circuit breaker. If you have to step in water to get to the fuse box or circuit breaker, call

> an electrician first for advice.

> Check for sewage and water lines damage--If vou suspect sewage lines are damaged, avoid using the toilets and call a plumber. If water pipes are damaged, contact the water company and avoid using water

suspect sewage lines are damaged, avoid using from the tap. You can obtain safe water by melting ice cubes.

After an earthquake, be prepared for aftershocks, and plan where you will take cover when they occur.





Being Prepared While Driving and at the Workplace



Keep a backpack in the trunk of your car, placing a flashlight (extra batteries) small first aid kit, walking shoes, a 3-day supply of bottled water or other fluids, high-energy snacks, personal hygiene items, extra medications and AM radio. Also have a fire extinguisher and blanket in the

trunk. How about placing writing and reading material there also? If you are in your car during an earthquake, pull to the side of the road away from overpasses, bridges, large signs, lightposts, trees, power lines. Move out of traffic as much as possible, stay in your car and turn on the radio, following any instructions given by authorities. If you are in a mountainous area, be alert

for falling rock and other debris that could be loosened by the quake. Be aware of the possibility of aftershocks, When safe to do so, proceed cautiously, watching for road and bridge damage.

At your place of employment, stock your desk or locker. Include a supply of medicines you take regularly and the items mentioned above for

earthquake preparedness plan for the employees. You could also keep a copy of your important householdgoods, savings and checking account numbers and a small amount of cash and change. Make copies of emergency telephone numbers, addresses of your children's schools and work places of all family members. Check on the preparedness

your car. Inquire about your employer's

of your children's schools; learn their procedures and policies.

Avoid and move away from windows and large wall mirrors to reduce potential injuries from flying glass

Neighbors Helping Neighbors

Working with neighbors can save lives property. Meet with your neighbors to plan how the neighborhood could work together after a disasteruntilhelparrives. If you're a member of a neighborhood organization, such as a home association or crime watch group, introduce disaster preparedness as a new activity. Know vour



neighbors' special skills (e.g., medical, technical) and consider how you could help neighbors who have special needs, such as disabled and elderly persons. Make plans for child care in case parents can't get home.





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Preparedness For the Elderly or Disabled



There are many people in our community with special needs, whether they be the elderly or the disabled with limited mobility, hearing and/or visual impairments.

Following a major earthquake, fire services, law enforcement, emergency response agencies and utilities may be severely limited or cut off for several days. In such an event, persons with physical limitations cannot expect special assistance from these sources.

Emergency plans must be formulated before a disaster so physically limited and elderly people are not left behind in an evacuation. Develop a "buddy" system with family, friends, neighbors and co-workers. Plan how you will help each other in an emergency. Plan "buddy" sytem with family, to have someone help them to evacuate if necessary. If you live alone, you may wish to give your friends, neighbors buddy a key to your home. Make and co-workers. a list of your medications, allergies, special equipment, names, addresses, and phone numbers of your doctors, pharmacy, family members, friends, and any other important information. Give a copy to each buddy and keep a copy with you at all times.

Eliminate hazards that may impede your safe exist after an earthquake. Install security night lights to provide emergency lighting if power is interrupted. Gather emergency supplies, remembering special required dietary foods and a whistle for signaling for assistance. Include extra prescription medications and an extra pair of glasses. Have extra supplies of catheters or bladder pads as toilet facilities may not be available. Store extra batteries for hearing aids, wheelchairs and other battery-operated equipment.

Those who use a respirator should have a backup generator.

If you are deaf or hearing-impaired, keep a battery-operated television on hand, with fresh batteries, for receiving emergency information if power is out. Practice some basic hand signals for emergency communication. If you are blind or have impaired vision, keep extra canes in strategic

areas around your home. Plan alternate evacuation routes from home and office. Store extra pet food and supplies for your guide dog.

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How to Handle Children's Reactions to Earthquakes



It is frightening to all of us, but especially to children, when awakened by a sudden shaking of the earth, with beds rocking, furniture tumbling over, walls rattling, books and toys falling off the shelves, hearing and seeing their parents upset and perhaps clutching them for dear life. In the concern for the physical safety of the children and family, attention and awareness of the emotional consequences to the child are frequently neglected once they are relieved that nothing "serious" has happened to members of the family. Parents and teachers must recognize that children who are afraid, are afraid. If they feel that the adults are not understanding of their fear, they feel ashamed, rejected, unloved and, consequently, even more afraid.

What can parents do to help their children?

- Keep the family together, whether to survey damage, help clean up, market, etc. Try not to leave your children alone in a shelter. Try your best to stay with each other, this gives children confidence and reassurance. Tell your children: "You don't have to worry, we will look after you we are together and nothing has happened to us."
- Listen to what your children tell you about their fears, how they feel and what they think has happened. Then explain as well as you can about the disaster. Encourage them to talk.
- When things begin to settle down, parents may become appropriately more permissive with their children, but discipline has to be maintained for all concerned.

- 4. Children may refuse to go to their room to sleep by themselves, or have difficulty falling asleep or waking up during the night with nightmares. It may be helpful for a few days to have children sleep with another child in the room, or on a mattress in the parent's bedroom, agreeing that this is a temporary situation only, with firmness about the duration of the bedtime flexibility. Reassure, leave door ajar, provide night lights.
- 5. Children sometimes revert to "childish" behavior which they have outgrown, indicating signs of anxiety. Parents' acceptance of this behavior will reassure children and shorten the duration. Do not overreact by punishing or nagging your children.
- 6. A telephone call to a pediatrician, family physician or local mental health center or clinic could be helpful in avoiding severe problems if children's anxieties continue more than a few days.

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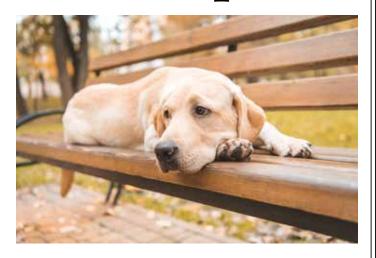
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Pets After and Earthquake

- The behavior of pets may change dramatically after an earthquake. Normally quiet and friendly cats and dogs may become aggressive or defensive. Watch animals closely. Leash dogs and place them in a fenced yard.
- Pets may not be allowed into shelters for health and space reasons. Prepare an emergency pen for pets in the home that includes a 3-day supply of dry food and a large container of water.





supports the San Jose Police Officers Association in improving the quality of life for our city's residents.

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Evacuation Planning

An order to evacuate is never taken lightly and can be given in response to a wide variety of emergencies. Regardless of whether it is due to fire, flood, hazardous materials, terrorism or other extreme danger, you need to follow carefully the orders of authorities to ensure your safety and the safety of those you love. The following outlines some of the recommended steps to being prepared and surviving an evacuation order.

Pre-Planning

- Discuss evacuation with your family. Create a common plan for everyone to follow.
- Check with schools, work place and other frequently visited locations to find out about their evacuation plans.
- Identify possible places to reunite with your family if you are not together when the evacuation order is given. This might include schools, churches, or other common landmarks.
- Make plans to care for your pets. Shelters do not accept pets in to their facilities. These plans should include a way to secure and transport your pet as well as adequate food, water and other necessary supplies.
- Create a self-help network of relatives, friends and neighbors who can assist if you are asked to evacuate or if you are out of town when an evacuation order is given.

- Make a visual or written record of your household possessions. Record model and serial numbers as much as possible.
- Determine the best escape routes from your home and place of business. Become familiar with alternate routes.
- Create a list of items to take with you if time permits. Once the list is made, prioritize it so that you retrieve those items most critical first. These items typically include:
- Paperwork such as:
- driver's license or identification
- proof of residence, such as deed or lease
- insurance policies and contact information
- birth and marriage certificates
- stocks, bonds and other negotiable certificates
- wills, deeds and copies of recent tax returns
- credit cards and contact information

34 continued

- personal phone/address book
- Photographs and videos
- Computer hard drive (components such as a monitor are easily replaced)
- Medications
- Eyeglasses
- Detailed maps of the area
- Family heirlooms including jewelry, artwork, etc.
- Collections
- Important comfort items for children (blanket, pillow, stuffed animal, etc.)
- Basic emergency preparedness supplies (water, food, flashlights, radio, first aid, blankets, etc.)
- Cash (recommended amount to have on hand is approximately \$500)

If an Evacuation Order is Given...

- · Remain calm!!
- Follow the instructions of officials carefully.
- Maximize available time. If asked to prepare, do so quickly, yet thoughtfully and methodically, utilizing the list mentioned above. Spend as little time as necessary on the phone.
- Secure pets in carriers or other suitable containers.
- Be sure you have necessary medications and medical equipment.
- Protect your valuables as warranted by the emergency. This will vary based on conditions flood, fire, high wind, etc.
- Turn off electricity and water at the mains. Unless otherwise requested, leave natural gas on.
- Be sure you have your car keys and your house keys with you.
- Secure the building as much as possible

- Leave a note indicating your destination. Paper blows away - so consider a more permanent method such as marker or paint on a door or window.
- Be sure to check in with the designated shelter location even if you do not plan to stay there. This will assist those persons conducting family reunification services. It will also be a place to acquire the latest information on the disaster.

After the Emergency is Over

- DO NOT attempt to re-enter the area until directed to do so by the authorities.
- Do not be a "lookie-loo". This behavior blocks access to roads and makes victims very uncomfortable.
- Seek mental health and recovery assistance sooner rather than later. Such services are offered

free of charge by the local Red Cross and may be available from your employer

or local religious institution.

- If your home is not damaged, be sympathetic and compassionate to those who have been affected. They may not know where to start so if you see a need and are able to, meet it.
- If your home is damaged, proceed with caution. Do not make any decisions in a hurry.
- Seek the assistance and support of family, friends and neighbors.
- Work closely with your insurance company to find out what assistance is available and what steps need to be taken to begin the rebuilding process.
- Take advantage of coordinated victim services to find out what local, state and federal aid may be available to help you in the recovery process. This includes loans, grants and assistance for both individuals and businesses.



Fires Will Follow Most Severe Earthquakes



The potential for fires following severe earthquakes is extremely high. Among the causes can be burning embers or fires in fireplaces, broken chimneys, burning candles, lighted cigarettes and pipes, ruptured gas lines, and electrical shorts. Learn how and when to turn off your gas and electricity.

More than 500 fires were reported the first few minutes after the Loma Prieta earthquake. Fortunately, most of these fires were extinguished by the individuals who discovered them or by vigilant neighbors.

In a major earthquake emergency, fire departments cannot possibly respond immediately to all requests for aid. Normal channels reporting fires will also be disrupted. Every home and apartment should have a fire extinguisher and preconnected garden hoses for emergency purposes.

All family members should also know how to use fire extinguishers. Fire extinguishers must be recharged by a qualified fire service company after use. We want to assist in providing your family with the safest work and home environment possible. It is comforting to know that there are practical and inexpensive ways for each of us to prepare for any such emergency.



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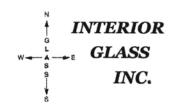
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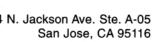
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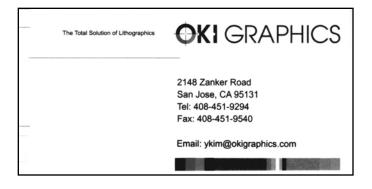
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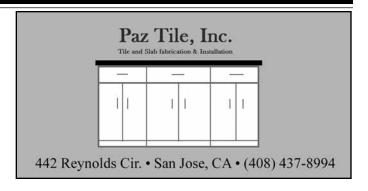


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