

You are jolted out of your bed!

You are frightened!

- There is a pain in your arm
- Glass breaking, loud noises, shaking ...
- Your loved ones crawl into your room
- Your family huddles with you on the floor
- More shaking, lights flashing, distant explosions ...
- You reach for the cell phone **Nothing!**
- No internet, no cell reception, no power.

How could you get help or report problems?

Sirens and dogs barking wake you!

You are frightened!

- You smell smoke
- You try to turn on a light, **NO POWER**
- You grab a flashlight and wake up others
- Smoke alarms start chirping, more sirens
- You reach for the cell phone **Nothing!**
- No internet, no cell reception, no power.

How could you get help or report problems?

Fear NOT!

The Thousand Oaks Stake has an Emergency Communication System! (T.O., Santa Rosa Valley and Moorpark)

- Turn ON your portable **Emergency Radio***
- Listen for a Control Operator
- Report* or receive local emergency information
- Report* your wellbeing
- Report* the wellbeing of your **Neighbor Group**
- Ask for help on the Emergency Radio*

A **Neighbor Group** are a few households (including Church members) who are within reasonable walking or bicycling distance of an Emergency Radio owner. Someone should be capable of checking on each group member during emergencies and report to the Emergency Radio owner.

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*Transmitting on an Emergency Radio is restricted to [licensed operators](#) except if life or property are in danger. A popular Emergency Radio is the Baofeng UV-5R, UV5RA or BF-F8HP Dual Band radio. About \$30.

Communication practices are held every Wednesday and 1st Sunday of the month at 7PM.

For more information visit the [Emergency Website](http://www.thousandoaksstake.com) (www.thousandoaksstake.com) or the [ERC Outline](http://www.thousandoaksstake.com/ERC.html) (www.thousandoaksstake.com/ERC.html).