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Subject: August '18 NPS Report to SBVA  
Date: August 2, 2018 at 5:19 PM  
To: Lisa Bieringer stinsonbeachvillageassociation@gmail.com, Stinson Beach stinsonbeachvillage@gmail.com  
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MM

1. Jr Lifeguards...great program this summer! hope you saw them in action!

2. Maintenance Report

- Materials have been purchased for replacement of interior bathroom furnishings in all 3 comfort stations at STBE. Installation of new sinks, urinals, toilets, and partitions is tentatively schedule for late this calendar year. We are also going to try and paint interior walls and floors during this project. This work will be completed by the GGNRA projects crew and on-site grounds crew.
- Making progress on beach wood debris removal from the far end of the South Parking Area. Working with Environmental & Safety to have a dumpster placed to remove the pile of accumulated debris.
- Still working on compliance and potential permits to remove piles of (winter storm related) dirt and rock from central picnic area.
- Removal of dead and dying cypress tree is the south picnic area and south parking lot tentatively schedule for removal in late 2017 or early 2018.

3. Become a Historic Landscape and Facilities Steward! Learn from Sydney Mentrup!

Become a caretaker of beautiful Stinson Beach! This lengthy stretch of soft white sand makes Stinson Beach one of the best swimming beaches in northern California. On the second Thursday of each month, we are seeking extra hands to help keep Stinson Beach safe and beautiful for all who visit. Projects include sweeping walkways, trimming vegetation, litter picking, repainting fixtures, caring for planter boxes and general site beautification.

Volunteer programs take place on the 2nd Thursday of each month, 10:00 am- 1:00 pm. Registration requested but not required.

3. Parking Attendants offer a bit of relief and will continue thru Aug 12, then return for long Labor Day weekend.

4. Coast Clean-up SEPTEMBER 15...very special day to clean beach in morning, celebrate in afternoon: <http://www.naturesculpture.com/allages/cleanupstinson2018/cleanupstinson2018.html>

5. just offshore are sanctuaries: learn more from newsletters like this one:



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# GRAB AND GO

A 'go bag' can make all the difference in an emergency. Here's how to be ready to run at a moment's notice

## 1 BASIC ELECTRONICS

Pack an extra phone charger in case you're fortunate enough to have electricity, and a portable battery pack in case you're not. Also stash a long-lasting LED flashlight. Pack a small hand-cranked or battery-operated AM/FM radio (with extra batteries).

## 2 PERSONAL NEEDS

While getting ready for a typical day, list every toiletry you use, then buy a travel-size version of each. Pack backup eyeglasses, as well as a first-aid kit, baby wipes and a multipurpose tool with a knife and can opener.

## 3 CLOTHING

Pack a few days' worth. Include layers you can add or remove, plus lightweight rain gear and waterproof boots.

## 4 YOUR MEDS

Pack about three days' worth of each of your prescriptions. If you need larger items, such as an oxygen tank, make sure you have a portable version.

## 5 CASH

In addition to enough money for a few days, include small bills and a roll of quarters. If you need to buy something out of a vending machine, you don't want to start asking equally desperate strangers for change.

## 6 FOOD AND DRINK

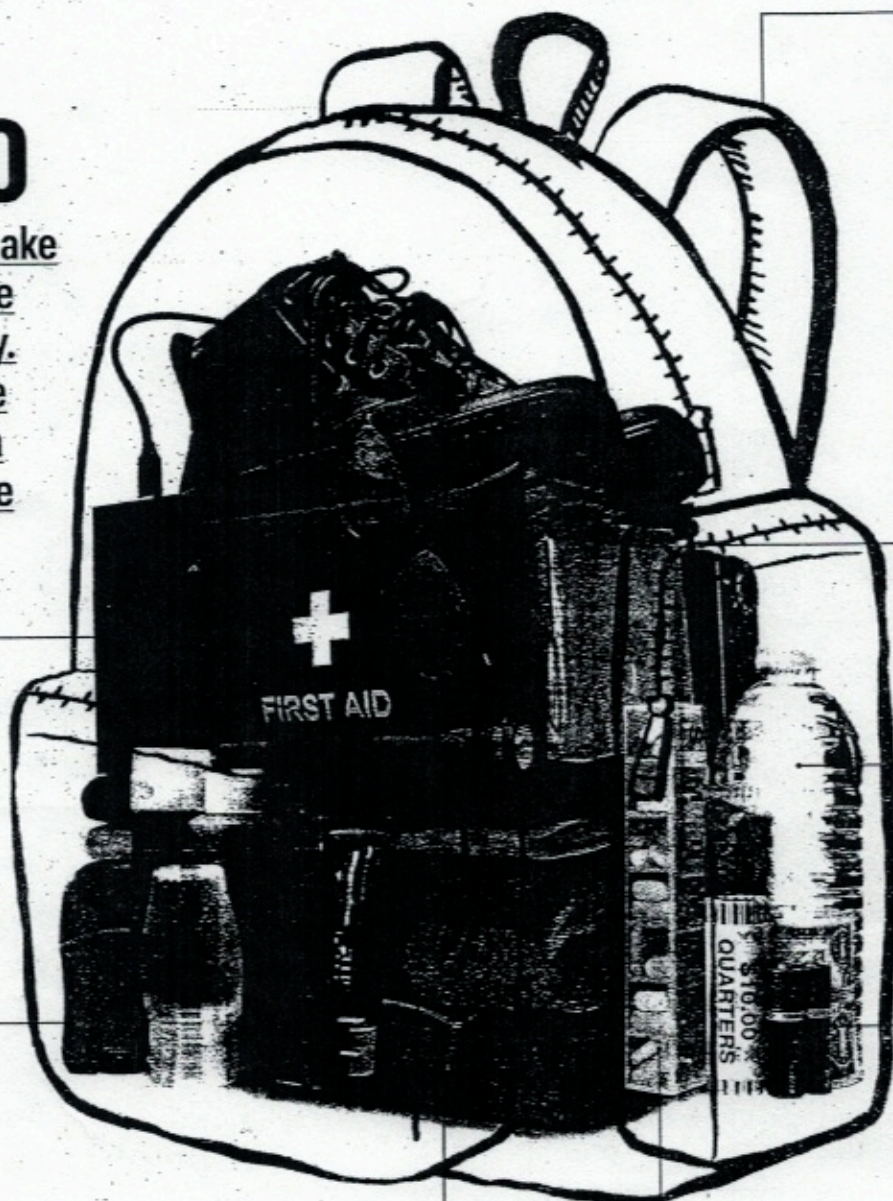
Bottled water is essential. Granola or energy bars are great because they are small, and filling, and they come in a variety of flavors.

## 8 THE PERFECT BAG

Think small and portable. A backpack is ideal, but a lightweight suitcase with wheels will also do. Just remember, you may literally be running with it.

## 7 PAPERWORK

Fill a zip-top waterproof bag with photocopies of your birth certificate; driver's license; Social Security and Medicare cards; power of attorney and will; any marriage, adoption or naturalization certificates; proof of address; insurance, medical and immunization records; and information about your credit and ATM cards.



Recent natural catastrophes, from hurricanes to western wildfires, are a fresh reminder that disaster can strike at any time. And no area of the country is immune, when you factor in the threat of tornadoes, earthquakes and human disasters like toxic spills. While the

circumstances may differ, there's one tip that every person needs to take from all these situations: how to pack a "go bag."

A go bag is a packed case that you grab on your way out the door, and that will help keep you safe and comfortable in the coming hours and days. Stopping to hunt for your medications or other important needs can cost you critical seconds in an evacuation.

Pack a separate go bag for yourself and every member of your household, and keep them stored in the same location.

I've interviewed hundreds of disaster victims, and compiled their recommendations in the graphic above.

Jeff Rossen of NBC News is the author of new survival and fraud-fighting book *Russen to the Rescue*.

### **Basic electronics**

Pack an extra phone charger in case you're fortunate enough to have electricity, and a portable battery pack in case you're not. Also stash a long-lasting LED flashlight. Pack a small hand-cranked or battery-operated AM/FM radio (with extra batteries).

### **Personal needs**

While getting ready for a typical day, list every toiletry you use, then buy a travel-size version (<https://travel.aarp.org/articles-tips/articles/info-11-2013/carry-on-essentials.html#slide1>) of each. Pack backup eyeglasses, as well as a first-aid kit, baby wipes and a multipurpose tool with a knife and can opener.

### **Clothing**

Pack a few days' worth. Include layers you can add or remove, plus lightweight rain gear and waterproof boots.

### **Your meds**

Pack about three days' worth of each of your prescriptions (</health/drugs-supplements/info-2017/emergency-prescriptions-hurricane-harvey-fd.html>), which should last until you can get to a pharmacy that's open. If you need larger items, such as an oxygen tank, make sure you have a portable version.

### **The perfect bag**

Think small and portable. A backpack is ideal, but a lightweight suitcase with wheels will also do. Just remember, you may literally be running with it.

### **Paperwork**

Fill a zip-top waterproof bag with photocopies of your birth certificate; driver's license; Social Security and Medicare cards; power of attorney and will; any marriage, adoption or naturalization certificates; proof of address; insurance, medical and immunization records; and information about your credit and ATM cards.

### **Food and drink**

Bottled water is essential. Granola or energy bars are great because they are small and filling, and they come in a variety of flavors.

### **Cash**

In addition to enough money for a few days, include small bills and a roll of quarters. If you need to buy something out of a vending machine, you don't want to start asking equally desperate strangers for change.

# Your Grab 'n' Go Bag List