October is Breast Cancer Awareness Month: Be vigilant, take care of yourselves and remind loved ones to do the same.

The virtual Valley Disaster Fair this past Saturday was a huge success, all the outstanding resources are still on their web site: valleydisasterfair.com

Stay tuned for the West Los Angeles Emergency Preparedness Fair date to be announced for 2021

Meanwhile, continue to prepare for the safety of yourself, family, pets and friends. Encourage everyone you know to make a plan and put together a kits for your home, your car, if applicable your workplace and anywhere you spend time.

"The only thing tougher than planning for a disaster is explaining why you didn't."

Quote provided by :Helen Obih, Emergency Preparedness Public Health Nurse and fellow PEPC member (Palms Emergency Preparedness Coalition)

I urge you to check the Public Health & Safety tab on our Mar Vista Community Council website for ideas, information and resources.