



# Tales of the I.C.E. Man

I.C.E. - In Case of Emergency

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## March is American Red Cross Month

Many of us are familiar with the Red Cross, we see it in action following disasters. Many of us contributed to the Red Cross in the aftermath of Hurricane Katrina. Others of us are regular contributors at Red Cross blood drives.

Did you also know that the Red Cross is a great resource in improving your own emergency preparedness? Check out the Oregon Trail Chapter, located at:

3131 N. Vancouver Avenue  
Portland, Oregon 97227  
(503) 284-1234

They offer classes in First Aid, CPR, AED, Pet First Aid, Wilderness First Aid, Babysitters Training, etc. If you have a group of 8 or more you can make arrangements for them to bring an instructor to you.

You can also shop their online store – [click here](#) for a whole host of emergency preparedness supplies. You can even find a Babysitting Kit.

The Red Cross can help us to be **Ready, Willing, and Able**.

## Take "5" to Survive –

If you find it difficult to set aside time to prepare for emergencies, you're not alone. This year get prepared in small steps. Here are a few easy 5-minute projects:

- **Take a look around your house.** What will fall on your head when the ground starts shaking? Most earthquake injuries are from broken glass or falling stuff NOT collapsing buildings.
- Put a pair of sturdy soled shoes/slippers under your bed with a flashlight. Do the same for everyone in your family. Broken glass after an earthquake can be a surefire source of injury.
- Remind your family that when the ground starts shaking, to **Drop, Cover, and HOLD-ON!**
- Is your home in an earthquake hazard zone? Go to <http://www.portlandmaps.com/> and enter your address, then click on Maps/Hazard.
- Contact Skip Booren (503 925-7110 [boorens@sherwoodoregon.gov](mailto:boorens@sherwoodoregon.gov)) to learn more about having a **Map Your Neighborhood** meeting in your home.

We All need to be **Ready, Willing, and Able** when the time comes to take care of ourselves and our families.

## Earthquakes and Us

Ten years ago, February 28, 2001, a magnitude 6.8 earthquake struck Nisqually WA. Many people in this area felt that quake. In the past year, we have seen devastating earthquakes in Haiti, Chile, and New Zealand. While many people felt the Nisqually quake there was little significant damage other than a number of toppled chimneys. That may have lulled many of us into a false sense of security that we have little to worry about.

The reality is that there is a "Big One" coming. We just don't know when. The Oregon Department of Geology has been warning of this for years and has created some good videos to help people be better prepared (see links below). The BBC also produced a very educational video regarding the "Mega-Quake" that is in our future. Information is available and it is important to find out what we can do to be prepared.

A 72-Hour kit is valuable, but given the number of bridges our supplies need to travel over to get to Safeway or Albertsons, we are well advised to have at least two weeks worth of groceries in our pantries. Water is something else to store – or at least have some form of purification capability.

If you work in downtown Portland, be prepared for a long commute home if the "Big One" strikes while you are at work. While many major bridges have been retrofit to earthquake standards, they will need inspection following a major earthquake. Have you made plans for your kids if you are on the wrong side of the rivers?

Sherwood School District has an Emergency Plan that includes earthquakes, but do you know what your children's school will expect of you following a major earthquake. It is a good question for you to ask now.

What about your neighbors? If you have a Neighborhood Watch, have you also held a **Map Your Neighborhood** meeting so that you can help each other following the "Big One?" Contact the Sherwood Police Department to learn more about Map Your Neighborhood.

If we're **Ready, Willing and Able** for the "Big One," we'll be **Cheerful Survivors** not **Whining Victims**.

### Skip

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*It is Always easier to Prepare than to Repair.*

### Good Links

Learn more about **Amateur Radio** - [ARRL](#) or **Washington County** [ARES](#)

[Oregon Trail Chapter American Red Cross](#)

Good stuff by DOGAMI [Oregon Geology Videos](#)

BBC Horizon Science series [Cascadia Mega-Quake](#)