

QUAKEUP!
Get Ready! No Shaking. No Panic!

Visit Us:
www.CedarHillsReady.org

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CedarHillsReady

Contact Us:
Karen at 971-361-9348

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Agenda

- 7:00 PM – Introduction & Welcome
- 7:10 PM – Neighborhood Ready
 - Why should you get ready? – Cate Arnold
 - Learn the 9 Steps to take after a disaster – Bill Hall
 - Take Action: How to organize your neighborhood meeting – Lincoln Thomas
- 7:55 PM – Question & Answer
- 8:00 PM – Meeting Adjourns

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Our Goals Today


- Get organized for planning together tonight
- Learn the 9 steps to recovery after a disaster
- Learn what happens in your neighborhood ready meeting
- Take action: How to organize your Neighborhood Ready meeting

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GETTING ORGANIZED IN BREAKOUT

1. Introduce yourself to the group
2. Describe how many neighbors you know
3. Share a disaster prep tip, if you know one.

→ 

Joining Breakout Rooms...

Breakout Room 1

It may take a few moments.

6 Minute Breakout Session

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What is the 9 step recovery Strategy?

Priorities

- Take care of yourself & family first
- Make your home environment safe
- Gather with neighbors to help each other



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DROP – COVER – HOLD ON

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9 Steps to Recovery (Family)



Step 1. Take care of yourself and your family.

- Have an under-bed & first aid kits
- Dress for safety
 - Hard hat
 - Sturdy shoes
 - Leather gloves
- Check for injuries
- Have a Family Emergency Plan

See page 9 in the "Get Prepared Now!" Booklet for under-bed kit list.

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9 Steps to Recovery (Home)

Step 2. Check **natural gas** or propane; shut off, if necessary.

Step 3. Shut off **water** at the house main.

Step 4. Shut off electricity, if needed.

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9 Steps to Recovery (Neighbors)

Step 5. Place the **Help** or **OK** sign on front door.

Step 6. Put your **fire extinguisher** on the curb where neighbors can see it.

Step 7. After Steps 1-6 are completed, go to the **Neighborhood Gathering Site**.

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9 Steps to Survival (Neighbors)

Step 8. Form Teams at the Neighborhood Gathering Site:

- **Team 1:** listen to the **Emergency Alert System**, AM 1610 Radio & Walkie Talkies
- **Team 2:** check on **neighbors** who need help.
- **Team 3:** check **natural gas meters** in all homes
- **Team 4:** check for homes with the "**Help**" or **no card** showing

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9 Steps to Recovery (Community)

Step 9. After your Team has completed its work:

- Go back to the **Neighborhood Gathering Site**.
- Share** what you have done with your neighbors.
- Make a plan for neighborhood action and **next steps**

Check these houses first! They could be "help"!

Check these houses last! To make sure they are OK.

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9-Steps Summary

Family first

- Take care of yourself and your loved ones.

Make home safe

- Check on the natural gas or propane at your home.
- Shut off the water at your home's shut off.
- Shut off the electrical panel, if needed.

Help neighbors

- Place OK or HELP sign on your front door or window.
- Put your fire extinguisher at the curb
- Go to neighborhood gathering site.
- Divide into 4 teams to make sure everyone is safe and cared for.
- Return to gathering site.

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How do I Get Organized & Connected?

Choose a Host

Choose a Neighborhood Host, a time & place to meet

Contact Us

Contact us for a presenter/facilitator & all the materials you will need

Invite Neighbors

As Neighborhood Host:

- Decide on your closest 6-20 households to organize. Perhaps a "six-pack" group!
- Pick a date, print an invitation, deliver it to your MYN households

Contact us at Lincoln.CedarHillsReady@gmail.com

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What happens at your first Neighborhood Ready! meeting?

-  **Get acquainted with your neighbors**
-  **Listen to and watch presentation**
-  **Create a neighborhood map**
-  **Adopt a plan with your neighbors**

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MAPPING MY NEIGHBORHOOD

First Action: Making a Neighborhood Plan

- You & neighbors will make a **MAP** of your street and each house location
 - Sketch or download a map*
 - Make enough copies for each attendee

*Download a map from Google Earth, HACH, or Beaverton School District websites.

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First Meeting: Make a Neighborhood Plan

- Assemble a **NEIGHBORHOOD RESOURCE PLAN**
 - Skills inventory of your group
 - Equipment inventory of your group
 - Detailed list of household needs
 - Choose Neighborhood Gathering Site and Care Center

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Inventory Neighborhood Resources

CRITICAL SKILLS

- First Aid Skills
- Child Care Skills
- Elder Care Skills
- Search & Rescue Skills
- Crisis Counseling Skills
- Plumber Skills
- Carpenter Skills
- Electrician Skills
- Fire Fighting Skills
- Coordinating an Organizing skills

NEIGHBORHOOD EQUIPMENT LIST

- First Aid Supplies
- Tents / Spare Bedding
- Chain Saw
- Generator
- Camp Stove
- Walkie-Talkie / Radio
- NOAA Weather Radio
- Ladder
- Crow Bar
- Strong Rope

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CONTACT INFORMATION

Phone Contact: _____, Email: _____, Cell #: _____, Address #: _____

City of State Contact: _____, Email: _____, Cell #: _____

Your Address: _____, Street: _____, City: _____, State: _____, Zip: _____

Adult: _____, Email: _____, Cell #: _____, Address #: _____

Child: _____, Email: _____, Cell #: _____, Address #: _____

Special Needs: _____, Phone: _____, Other: _____

Skills & Certifications		Neighborhood Equipment	
First Aid	Yes/No	First Aid Supplies	Yes/No
Child Care	Yes/No	Tents / Spare Bedding	Yes/No
Elder Care	Yes/No	Chain Saw	Yes/No
Search & Rescue	Yes/No	Generator	Yes/No
Crisis Counseling	Yes/No	Camp Stove	Yes/No
Plumbing	Yes/No	Walkie-Talkie / Radio	Yes/No
Carpentry	Yes/No	NOAA Weather Radio	Yes/No
Electrician	Yes/No	Ladder	Yes/No
Fire Fighting	Yes/No	Crow Bar	Yes/No
Organizing	Yes/No	Strong Rope	Yes/No
Other		Other	

At your Neighborhood Ready! meeting, please give your Neighborhood Host your completed contact information. Remember to bring the Business Cards & Toolboxes and Supplies & Equipment section. This information will be consolidated by your Neighborhood Host with your neighbor's information and returned to you. Only include information that you wish to share with your neighbors. None of your information will be shared with anyone except your neighborhood block.

Refer to us: www.facebook.com/CedarHillsReady/ www.quakeup.org www.cedarhillsready.org

Make your Neighborhood Contact list

This form is an insert that comes with the "Get Ready Now!" Booklet WWW.CEDARHILLSREADY.ORG WWW.QUAKEUP.ORG 31

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Breakout Session: Plan your neighborhood meeting



Share and discuss your next steps:

1. Interested in hosting a meeting with our help?
2. Recruit a neighbor friend on your block to help?
3. Which neighbors? Make a "6-pack?"
4. Enroll a buddy in another block (or another state?!)

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QUAKEUP! CEDAR HILLS READY!

**Be resilient: Build Community Caches and Rainwater Collection
Be Prepared for Disasters!**

Join us at 7 PM, June 23, 2021
for a fun ZOOM meetup

Register Here <https://tinyurl.com/chrbarrels6-23-21>

Learn about Barrels of fun for Preparedness!

Emergency supply cache Rainwater capture Food storage

For information:
www.cedarhillsready.org or Karen at info.cedarhillsready@gmail.com (971-361-9348)

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Get Prepared Now!

Cedar Hills Neighborhood Ready!


Free Resources

"Get Prepared Now!" booklet:
<https://tinyurl.com/chrgetreadybooklet>

For other links and downloads see for this program:
<https://tinyurl.com/chr9-steps-links>

Contact:
info.CedarHillsReady@gmail.com

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Cedar Hills Ready!
Neighborhood Disaster Preparedness

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Q&A & Thank You!

Contact:
info.CedarHillsReady@gmail.com

For links and downloads see for this meeting:
<https://tinyurl.com/chr9-steps-links>

To register for next month's meeting
"Barrels: Community Cashes & Water Collection"
7 PM, Wed, June 23rd
Register in advance: <https://tinyurl.com/chrbarrels6-23-21>

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