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# Neighbor Ready!

ORGANIZING YOUR BLOCK FOR RESILIENCY

**KAREN:**

**(INTRO SLIDE) [1:07 mins] [SHARE screen & share audio. TURN ON THE RECORDING!]**

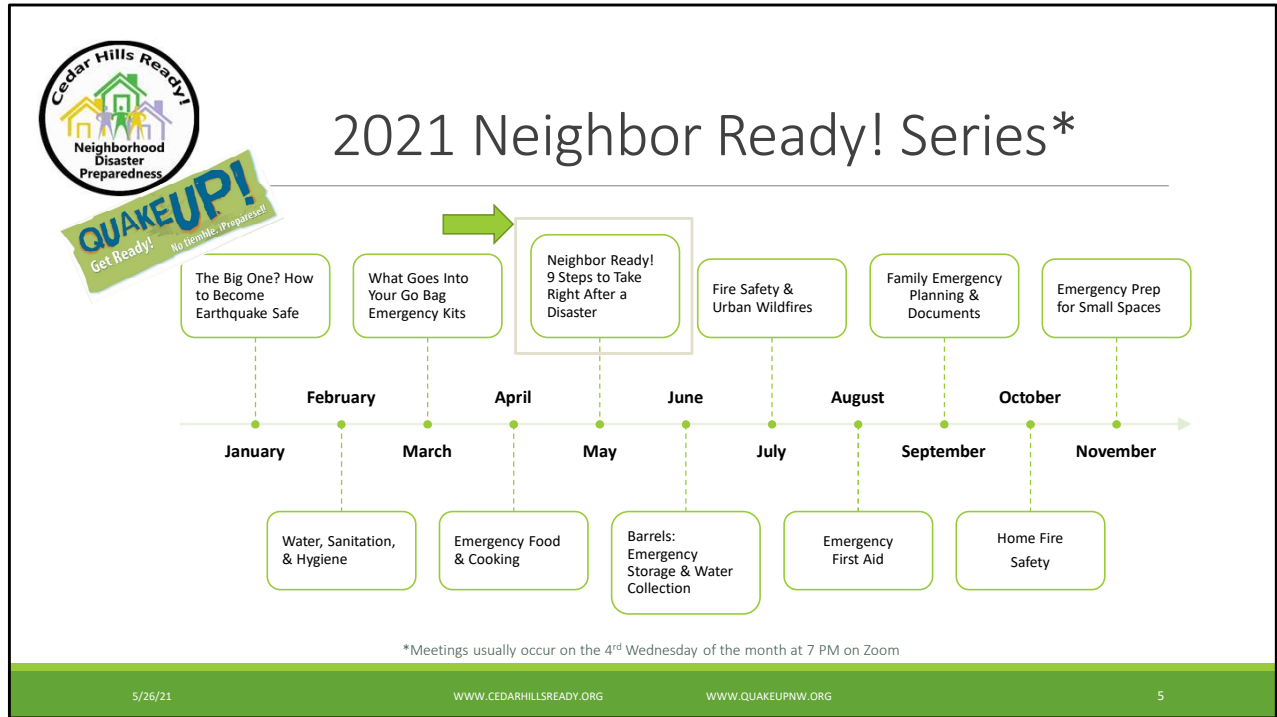
Let's get started. Hi Everyone. My name is Karen Ronning-Hall, your neighborhood preparedness evangelist.

Tonight, we will be talking about getting your neighborhood organized as you prepare for disasters. This program tonight is brought to you by Cedar Hills Ready! Quake Up!

**Our mission** is to create caring, connected, and resilient neighborhoods.

We are committed to making sure every neighbor is prepared and has the best chance of survival in the event of a disaster.

- Cedar Hills Ready! isn't just about my neighborhood, it's about yours, too. It's a movement to connect neighbors with each other; because there is strength (and fun) in numbers.
- We are making our content freely available to everyone. Feel free to share this information with all of your important people.
- We are recording this meeting so that we can make it available to others who could not make it tonight.
- If you happen to be from a neighborhood outside of Cedar Hills and you want to get prepared in your neighborhood, we'll help you get connected to the right people.



KAREN [0:30 ]

This program is part of an ongoing series.


Most of our meetings – Forth Wednesday of the month at 7 PM on Zoom

Next month our focus will be on using barrels for neighborhood storage and water collection.

Because you've signed up for this meeting, you'll be getting follow-up email notifications for upcoming meetings.

(You can cancel the newsletter email at anytime.)

## Cedar Hills Ready! Quake Up! Team



*Lincoln Thomas*  
Cedar Hills Neighbor Ready! Coordinator

*Bill Hall*  
Cedar Hills Ready! Co-founder

*Karen Ronning-Hall*  
Cedar Hills Ready! Co-founder

*Judy Janowitz*  
Waterhouse Neighbor Ready! Coordinator

*Stan Houseman*  
Quake Up! NW Prepared Founder

*Barbara Bracken*  
Tualatin Ready! Program Manager

*Cate Arnold*  
Former Beaverton City Councilwoman

*Want to get involved? Contact [Info.CedarHillsReady@gmail.com](mailto:Info.CedarHillsReady@gmail.com)*

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(KAREN RH) [0:25 mins]

Here is the group of your neighbors, community members, leaders who have created this program. As you can see, we have an experienced group of people!

We are always looking for new input. If you are interested in joining our efforts, please connect with us at [Info.CedarHillsReady@gmail.com](mailto:Info.CedarHillsReady@gmail.com).



## Free Resources

Check out page 12 for the **9 Steps to Take After a Disaster**, in the "Get Prepared Now!" booklet:

<https://tinyurl.com/chrgetreadybooklet>

For other links and downloads see for this program:

<https://tinyurl.com/chr9-steps-links>

Contact:

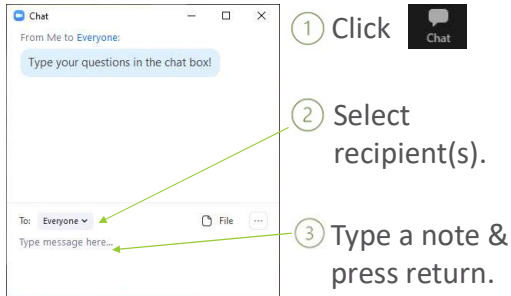
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[1:00] We're going to go over a lot of information today in a short period of time. You may want to take notes, but don't worry about writing everything down, because you'll have access to the slides and lists in this presentation and additional free resources. We make our "Get Prepared Now!" Booklet available to you for free on our website. Thank you to Barbara Bracken and the Tualatin Neighborhood Ready group for the original material for this booklet. It contains a ton of information about getting prepared, including inserts that you can use as tools in your planning. Topics cover family emergency plans, how to become earthquake safe, and a calendar for planning your disaster supplies, and more. The 9 steps to take after a disaster is covered on page 12 of this booklet. Check out the links on this slide for more information.

## How to Contribute?

### Chat Feature

Stay on **Mute** when speaker talks.




- 1 Click 
- 2 Select recipient(s).
- 3 Type a note & press return.

### Breakout Session

Opens and closes by the host control.

**Unmute** yourself and discuss questions with room participants.




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[1:30 mins] This will be an interactive meeting. Here's how you can contribute.

- When the speaker is speaking, given the size of our audience, please stay on Mute.
- At anytime during the meeting, you can communicate your questions or comments via the chat feature.
- Stan Houseman will be monitoring the chat feature, and if your questions aren't answered during the meeting, we'll answer them in the Q&A at the end.

Breakout Rooms:

- We'll also be using breakout rooms to help you share your Neighborhood Ready goals, ideas, and concerns in a small group setting so you can take the next step. Taking action is at the heart of helping you and your neighbors become more resilient and connected.
- Break out sessions are mostly automatic. The host opens and closes the rooms. You can unmute yourself to talk with your room participants. We'll be trying this out in a bit.



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5/26/21

## 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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[1:00 min] Here's our agenda for today. For the last few months, we've been talking about personal preparedness, including preparing emergency supplies and go bags, cooking in a disaster, water and sanitation, and identifying home hazards. These are critical areas of personal and family preparation for potential disasters.

Tonight, we are going to shift our attention to a broader resource for survival after an earthquake or a natural disaster that hits us where we live. Tonight, we are going to relate all of your personal preparation to the neighborhood you live in, and talk about how to enroll your neighbors in planning for resiliency and survival, helping each other by leveraging our combined strengths and resources.

I'd now like to turn this over to Cate Arnold to introduce tonight's program.  
Cate?

## Why are we here?



Were you ready for the pandemic?



Were you worried about fire evacuations last year?



Are you ready for the Cascadia earthquake?

5/26/21

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10

**CATE:** Thank you, Karen. So, why are we here tonight? What's all this about working together as neighbors? We've seen our own disasters this past year: the pandemic, electric power outages and evacuations during the ice storm and wildfires. **But let me start with a story from the past:**

- In 1991, a wildfire hit the Oakland hills in East San Francisco. Very quickly, 2800 homes were destroyed, 25 people were killed – this was 29 years before the Paradise fire which destroyed an entire town and cost many more lives. And, it was long before our own Detroit was wiped off the map by a wildfire in 2020.
- In the 1991 fire, a man named Peter Scott lost his elderly mother Frances in that fire. After the fire was quenched, Mr. Scott returned to his mother's burned out house and neighborhood to settle her affairs.
- Neighbors met together after the fire to clean up and deal with common issues like insurance and property matters. Mr. Scott participated with these neighborhood meetings and learned in one of them that Frances had perished because no one knew her. She was a private person and lived a quiet life; most of the neighbors weren't even aware that she was part of their community.
- This was heartbreaking to Mr. Scott. He later said, "If the community had had a meeting like this, to get to know one another before the fire, my mother would be here with us today."

When she heard this story, Dr. LuAnn Johnson, who was part of the Washington State Emergency Department, saw how this applied to other communities, including her own, and was moved to create a program to address what was missing in Frances' community. Dr. Johnson called it Map Your Neighborhood. It is a simple but powerful planning tool which has since been adopted around the country in a variety of forms, and is now sponsored by FEMA as a key part of their disaster survival planning. It's about you. And your neighbors. That's what we want to talk about tonight. How to be Neighborhood Ready! Ready!, and we are sharing it with anyone who wants it – not only in Cedar Hills, but anywhere in the metropolitan area.

The diagram is an inverted pyramid with four levels. From top to bottom: **Individuals** (Under-bed kits, home prep, family plan, fire extinguisher, emergency supply kits. Register at PublicAlerts.org, VOLUNTEER to help others in your community.), **Local** (Firefighters, Police Utilities, Medical Responders), **State** (Roads, Airport, Shelters, Communication), and **Feds** (FEMA). To the right, the title "Neighborhood Responsibility Pyramid" is displayed in green. Below the title are three circular images: a group of hands stacked together, a group of people standing outside a house with the number 4943, and a family of four wearing face masks. Below the images is the text "In a disaster, your neighbors become your first responders!". At the bottom of the slide, there is a green bar containing the date "5/26/21", the website "WWW.CEDARHILLSREADY.ORG", "WWW.QUAKEUPNW.ORG", and the number "11".

This is how we visualize our responsibilities and expectations in a major disaster. Normally you see this facing the opposite way as a pyramid with the Feds at the top and levels of authority going down, but we like to show it this way to illustrate that while major support will be provided by our institutional partners, they are going to take a while to muster and organize. When emergency response agencies like police, fire and FEMA are initially overwhelmed, important immediate survival actions need to take place, and those depend on us and our neighbors. We are the first responders to take care of each other. need to take place, and those depend on us and our neighbors.



## How much can our 1<sup>st</sup> Responders Do?

### Oregon/Washington Recovery Estimates 2015 review

Critical Service	Zone	Estimated Time to Restore Service
Electricity	Valley	1 to 3 months
Electricity	Coast	3 to 6 months
Police & Fire Stations	Valley	2 to 4 months
Drinking water & sewer	Valley	1 month to 1 year
Drinking water & sewer	Coast	1 to 3 years
Top priority highways (partial restoration)	Valley	6 to 12 months
Healthcare facilities	Valley	18 months
Healthcare facilities	Coast	3 years

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12

If the disaster is the Big One: the Cascadia Subduction Zone earthquake, it's going to be a different world. Emergency responders will be overwhelmed. We are going to have to be able to stay in place, likely without power, running water, access to stores or gas stations, and other basic services.

This slide is from a joint study done by FEMA and our state and local responder agencies in 2015, which will be updated this year. It gives us a good picture of how long it will take for government agencies and utility companies to recover our community infrastructure after a Cascadia earthquake.

- Electricity is likely to be out of service in our area for up to 3 months.
- Water and sewer services are likely to be unavailable in our area for months, perhaps as much as a year
- Roads and streets and especially bridges, are likely to be unusable for months, perhaps as much as a year.
- Most important, police and fire stations are expected to be shut down for months, and healthcare facilities unavailable for over a year.

Our neighborhoods will need to work at the community level, on their own, to make life tolerable and safe for all. To be able to be prepared to work together to take care of ourselves, we need to get to know each other and start planning together as neighborhoods, so that we will be ready to deal with the aftermath, not only for the earthquake but for fires, storms, for other disasters!

What does  
Neighborhood Ready!  
do for me  
and my neighbors?



Helps you get to know your  
neighbors in a fun way



Engages you and your  
neighbors in a 9-step quick  
survival strategy

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13

We have a simple and fun way to do this – the Neighborhood Ready! program. What, specifically, does the Neighborhood Ready! program do for me and my neighbors?

- Remember the story about Peter Scott and his mother? This is a simple, straightforward way to get to know our neighbors so that we aren't alone and invisible.
- With a minimal amount of time and energy, you and your neighbors can learn this tried-and-true 9-step survival strategy and a plan to follow when a catastrophe hits.

## 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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14

### So, what are our goals for tonight?

- First, we'll break into smaller groups to get acquainted.
- Then, we'll come back as a large audience and learn what the 9-step recovery strategy is, and how to get started with your neighbors.
- We'll share the resources you can get for your first Neighborhood Ready! Meeting: what information and materials you can get and how to schedule a facilitator to go through it at your meeting.
- Then we will GO BACK INTO OUR GROUPS to talk about next steps including identifying hosts for your future Neighborhood Ready! Meetings. This should be fun!

## 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.



### 6 Minute Breakout Session

OK. Now, we're going to go into smaller working groups. When the breakout is triggered, here's what we would like each group to do:

- The breakout session is only 6 minutes, after which you will automatically be returned to the larger group.
- Introduce yourselves briefly – one minute apiece – In that introduction, you can share what neighborhood you live in and how long you've lived there..
- Please also say how many neighbors you know, and something you've done or have heard to do to prepare for a disaster.
- All Right, let's get started: you will be sent into your groups to get acquainted for a few minutes, right NOW!

## Our Goals Today



- ✓ Get organized for planning together tonight
- ☐ Learn the 9 steps to recovery after a disaster – Bill Hall
- ☐ Learn what happens in your neighborhood ready meeting –Lincoln Thomas
- ☐ Take action: How to organize your Neighborhood Ready meeting – Breakout

5/26/21

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Welcome back!

If you learned a new disaster prep tip, please post it in the chat.

Stan, Can you please read a few of these tips.

<Pause>

Cate: Thank you! Great tips. Let me introduce Bill Hall, who will explain what the 9-step program is.

Bill?

BILL: Thanks, Cate, hello everyone. I'm going to quickly go over the 9-step recovery strategy that FEMA is recommending, and cover generally what this strategy includes. When you invite your neighbors in for a neighborhood meeting, our facilitator will provide a lot more detail. I expect you will have some questions, and we will have a Q&A session at the end of tonight's program, and try to answer those. Please feel free to post your questions on the CHAT feature, and one of our leaders will gather them for discussion at the end.

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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BILL: So, why an explicit strategy with steps? Remember that when a disaster, like an earthquake, hits, it triggers lots of adrenalin, panic, fear and confusion. This strategy helps you to know what to do first, what to do second, what are the priorities, so you don't have to stop and think about that, wasting precious time to help your family and friends.

What is the purpose, what are the priorities of these nine steps and their order of importance? The Neighborhood Ready 9-step plan follows these priorities immediately after a sudden disaster like an earthquake. It's a simple but powerful mission:

1. First, you can't help anyone if you aren't safe yourself. So, first Protect Yourself until the shaking is over, then make sure family is okay
2. Then, there are new challenges after an earthquake. You will definitely have broken glass on the floor. Doors may be warped, parts of walls may have collapsed. After you see to the immediate needs of your family, make sure your home environment is safe
3. Then, once you have stabilized your situation, start working together as neighbors to determine hazards and needs in your immediate living area, some of which you can't deal with by yourself, and some of which can be resolved with cooperative action as a group.

Let's start by visualizing the Cascadia earthquake as we are likely to feel it here in the Willamette valley. We'd like everyone to close your eyes and imagine: suddenly, there begins at least 3-5 minutes of strong, violent shaking in your home, listening to glass breaking, things falling, the floor rolling and shaking so you can't stay standing up, or you get thrown out of your bed. A strong tendency to panic. Maybe you're frozen in place after the shaking stops. Stuff is all over the floor. OH! My daughter is calling for help! What do I do first? We will cover all of this in detail in your first meeting with you and your neighbors. But let's go through the basics of the 9 steps now:



The infographic consists of four square panels arranged in a 2x2 grid. The top-left panel shows a white figure dropping to the ground with a downward arrow and the text "DROP!". The top-right panel shows a white figure crawling under a table with an arrow pointing right and the text "COVER!". The bottom-left panel shows a white figure holding onto a table leg with the text "HOLD ON!". The bottom-right panel shows a white figure in a wheelchair under a table, with various objects like a book, a pen, and a phone floating above the table, illustrating the danger of flying objects.

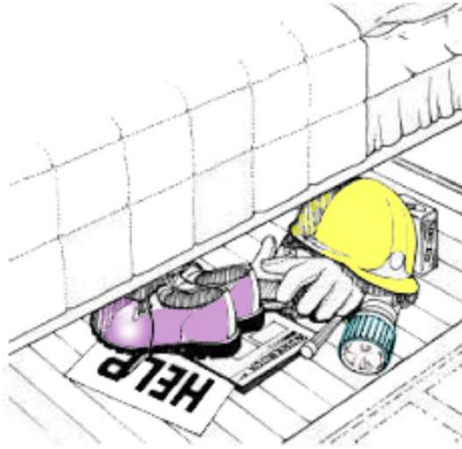
DROP –  
COVER –  
HOLD ON

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The first thing you do when an earthquake hits is drop, cover and hold on! Don't get thrown around by the shaking, and protect yourself from flying objects.

When the shaking stops, it's time for action: there is a simple, focused, intentional protocol you can follow to begin the recovery process. Here are the 9 steps:

## 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.

Step 1: Check your own condition and make yourself safe so that you can help others.

Your priority, if you are functional, is protecting your head, your hands and your feet from broken glass as you move around the house. Imagine running to help a family member and slicing open your foot on broken glass on the way; pain, bleeding, how much help can you be then? We talked about an Under-the-Bed Kit in our March meeting, with head, hand and foot protective gear in it. We will demonstrate a kit like this to your neighbors in your first neighborhood meeting. You can also find a list in the "Get Prepared Now!" Booklet mentioned earlier in the presentation.

Then, take care of your loved ones.

Check everyone for injuries. First aid may be necessary. Make sure the rest of the family also has protection for head, hands and feet. Reassure everyone that there is a plan – no cause for panic. Make sure you have prepared your own family plans ahead of time for care, communication and calm.

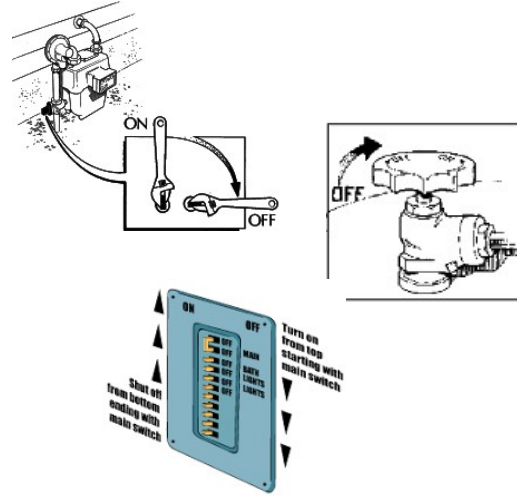


## 9 Steps to Recovery (Home)

**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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20

You and your family are checked over and okay or at least stabilized, so it's time to shift your attention to making your home environment safe so you can begin the process of recovering safely.

**Step 2:** listen for hissing, smell for a rotten egg odor, and go check if your gas meter is spinning fast. If any of these symptoms is true, shut off the gas immediately. The same if you are using propane. We will show you and your neighbors how to do this, in the first meeting of neighbors.

- Question for everyone: how many of you know where your gas meter is located, and how to get to it easily? Or how to turn it off? We know that 67% of earthquake damage is not caused by shaking but by fire, and the overwhelming majority of these fires are caused by gas leaks.

**Step 3:** Shut off your water at the house main shutoff. Another question: How many of you know where your main water shutoff is in your house – not the one at the street? We'll show you how to identify and understand how to shut this off and label it clearly in your Neighborhood Ready! meeting.

- Why shut off the water? You are going to need a supply of water during the recovery period before services are restored. There is potable water in your pipes and in your hot water heater, but much of our area was constructed with water and sewer lines buried in the same underground tunnels. Breaks in both could cause cross-contamination and make your water undrinkable; so shut that water off as a precaution, until the authorities give the go-ahead to turn it back on.

**Step 4:** Shut off electricity, if needed

- You may have sparking or fire danger. If so, you should shut off each breaker one by one first, then shut off the power main switch. We can talk about it in detail at that neighborhood meeting.

These are the critical steps to make your new environment safe for you and your family.

## 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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21

**Step 5:** the first thing you want to do is announce your status by posting that OK or HELP sign on your front door or window. We showed a picture in the Under-The-Bed kit in step one. Putting this up lets your neighbors know which house needs help first.

**Step 6:** Put one of your fire extinguishers on the curb where neighbors can see it.

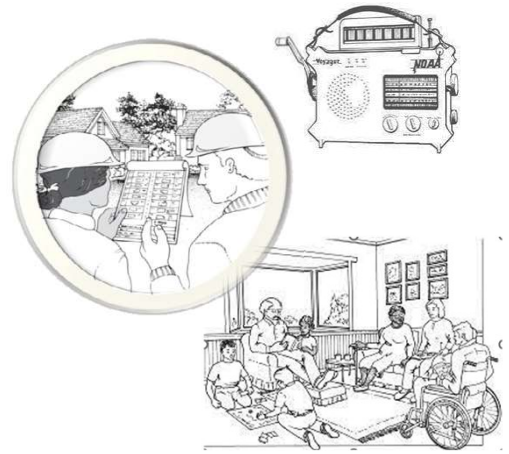
- Why do this? It might help a neighbor who can't find theirs. In my neighborhood, a fire in one house, near all the tall trees in almost every yard, is likely to spread to everyone else's house. Let's look out for each other in order to protect ourselves! Fire can be the enemy of all!
- Another question for you: how many of you have a fire extinguisher in your kitchen and your garage? Do you know how long one of these lasts when you use it? PAUSE. It lasts about 13 seconds. Be prepared: buy another one!
- Also: How many of you have shaken your fire extinguisher in the last 6 months? Did you know that if you haven't done that, the powder that extinguishes fires might be caked up in the barrel and useless for suppressing a fire? We'll go over this and demonstrate it with your neighbors at the first meeting.

**STEP 7:** Once the first 6 steps are taken, someone from your household can go to the Neighborhood Gathering Site, which is chosen by you at your first meeting – a place where you can meet to share information, coordinate action and take care of neighborhood needs.

## 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



5/26/21

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22

Step 8: When you and your neighbors have stabilized your home situation and assessed your own needs, you come together and form teams to do some important work. You can set up teams:

- One Team will listen to the Emergency Alert System (AM/FM radio), or to a NOAA Weather Radio and keep neighbors informed of what they learn on FRS or Walkie-Talkie radios.
- Another Team will check on neighbors your group has identified as those who are elderly, those disabled, or homes where children may be alone when a quake hits.
- Pick a third Team that will check all natural gas meters and propane tanks among your neighbors, and shut off the gas as necessary – what is the test? Sniff; Listen; look at spinning meter. Fire must be prevented!
- Team 4 will check on all homes with the "Help" card displayed on the front door or window, or with no card showing. Some first aid may be required if neighbors need help.

Each team will be given a time limit for checking back in, and everyone will always go out in pairs at least – the buddy system, to make sure everyone stays safe. This is a reconnaissance mission.



## 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 your neighbors.
- Make a plan for neighborhood action and **next steps**



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STEP 9: After the teams have done their checking and returned to the gathering site, everyone reports, sharing what they have found and what they have done for neighbors in need. Make a plan for neighborhood action:

- Are there children, elderly, or disabled that need help? Do we need to designate someone's home as a central care center? How do we plan to stay in touch? Should we report our status to the nearest CERT assembly area? Making a record of the neighborhood's status is a good idea for reporting it to CERT or other recovery agencies.
- Our facilitator will talk about how to record all this information and the status of your neighborhood with you and your neighbors at your first meeting. We have map formats and plans you can follow for keeping important information – all of this to be covered at your first meeting.

Okay, that's nine simple but important steps to stabilize your situation, take care of immediate needs, and decide what needs to be done for a prolonged recovery period.

Then, of course, plans always need adjustment, as events unfold. Be flexible, and it's time to check on what's happening in the outside world that may affect you.

## 9-Steps Summary



1. Take care of yourself and your loved ones.
2. Check on the natural gas or propane at your home.
3. Shut off the water at your home's shut off.
4. Shut off the electrical panel, if needed.
5. Place OK or HELP sign on your front door or window.
6. Put your fire extinguisher at the curb
7. Go to neighborhood gathering site.
8. Divide into 4 teams to make sure everyone is safe and cared for.
9. Return to gathering site.

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Just a quick review: The priorities when a disaster hits are clear:

- First focus is on the condition and safety of yourself and your family.
- Second, your living environment has been affected, perhaps radically, and you need to make sure it is safe for everyone. Take those steps next.
- Then, you can check with your immediate neighbors in a step-by-step plan to leverage your skills and resources as a group to help each other, plan next steps, and continue to work together.

When you organize your first meeting with your chosen neighbors, our facilitator will guide you and your neighbors through the development of your neighborhood plan for recovery.

Okay, take a deep breath! Lots of information, and I know you probably have questions, and we can take some time in the Q & A period at the end the presentation to answer some of the details about the 9 steps. It's a straightforward protocol, but it requires getting started.

At this point in our discussion today, I would like to turn the meeting over to our Neighborhood Ready Coordinator, Lincoln Thomas, to explain how we can get the program started in your neighborhood – how to set up the first meeting and what happens next.

Lincoln? (30 seconds)



**LINCOLN:** Thanks, Bill! The 9-step program Bill summarized for us is something we will present in greater detail at your first meeting. Resources for neighborhood hosts are posted on the page for this meeting. So: How does one set this up? How can I get the folks at Cedar Hills Ready! to come and present this material and get my neighborhood going? How do I get started with a first meeting?

1. The first step is to self-select neighborhood hosts. Hopefully, loads of you will decide tonight that you want to help organize your block. If you've already decided to do this, you can let me know by email or chat, right now.
2. When you contact us, we will connect you with a presenter/facilitator to present the 9-step program, and offer neighborhood guidance. We can provide materials, and you can use us as sounding boards for setting up your meeting. It may be worth repeating that we do all of this for free, because we are committed to our neighbors' safety.
3. The first job of a neighborhood host is to decide on a group of your closest neighbors to invite to a meeting. Some people do a "6-Pack" – consisting of neighbors on either side of you and the three across the street. A group of homes in a cul-de-sac makes for a natural group. Karen and Bill picked ten houses on either side of theirs, and defined it as a neighborhood group. Start with what YOU can realistically do.
4. Next, pick a date for the first meeting, and make sure the date works with the facilitator. Then, send invitations to your neighbors. This may be the most fun part of the process – actually connecting with neighbors, and planning the event. You can create your own invitations and run your own zoom meeting, or we can help you with either of these components.

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**

5/26/21 WWW.CEDARHILLSREADY.ORG WWW.QUAKEUPNW.ORG 26

We have all had to adjust to the COVID pandemic environment, and that is why we are meeting virtually today. Over the last year, Cedar Hills Ready has amassed some experience doing Neighborhood Ready! meetings by Zoom, and we can help you to prepare for that.

- At your first meeting, you will get acquainted with neighbors under a specific context: that we are here to Start Getting Ready Together for Disaster Preparedness.
- You will introduce one of us - a facilitator for the discussion - and your group will watch the Neighborhood Readiness program, including the 9-Step recovery process. The discussion that follows is an engaging process, that is critical to everyone's recovery in the event of a disaster. Lots of questions come up, and we try to have answers. Most importantly, this is an interactive, common-purpose planning process among neighbors.
- During this process, you and your neighbors will use a neighborhood map to fashion a plan, based on the 9-step protocol. Again, we have samples of plans, and can help guide the discussion so you come away with what you need. (1:15)



### First Action: Making a Neighborhood Plan

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

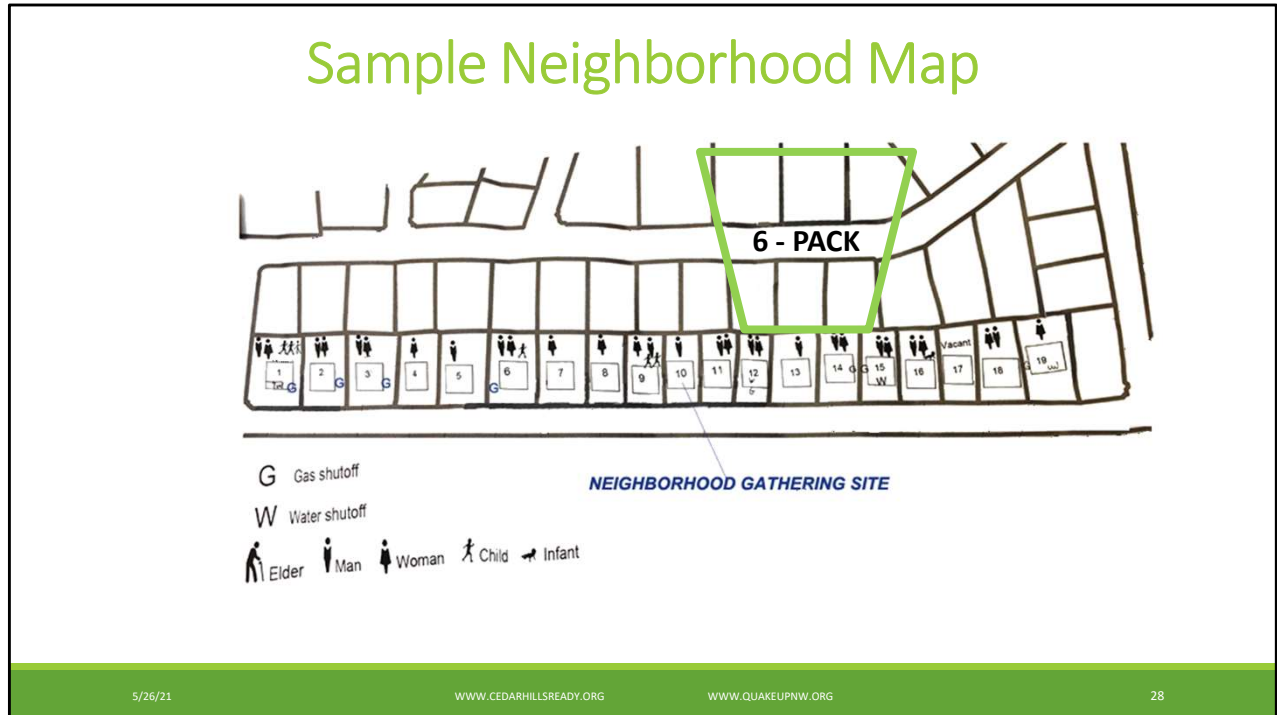
\*Download a map from Google Earth, HACH, or Beaverton School District websites.

5/26/21      WWW.CEDARHILLSREADY.ORG      WWW.QUAKEUPNW.ORG      27

Making a neighborhood map can be low or hi-tech. It can be hand-drawn, or drawn with software. Some useful sources for starting maps are [portlandmaps.com](http://portlandmaps.com), Google maps, or the HACH.

For the purpose of this initial meeting, screen-sharing an existing map from one of these sources will be sufficient, and your facilitator can take care of this step, if you like. Your neighbor group will want to update the map later, with some of the following information. (0:30)





For example, here is one Cedar Hills Neighbor Ready! map. They've marked gas shutoffs, and listed the number of children and elderly in each home. Pets could be included, and an accompanying spreadsheet could contain additional contact information. Note that the neighborhood gathering site from step 7 is labeled.

The block shown here is about the maximum size for one Neighbor Ready! group. Since these houses are on only one side of the street, the distance to cover after a disaster is increased.

(CLICK) A six-pack approach would typically include next-door neighbors on either side, and the facing three houses across the street - though such an approach might not make sense for all streets, like the lower one in this map. But really, you can start your plan with any number of homes, and expand later as you are able. (0:45)



5/26/21

## First Meeting: Make a Neighborhood Plan

2. 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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Once you have your preliminary map, you'll want to assemble a Neighborhood Resource Plan.

This plan consists of 3 inventories: 1) special skills in your group, 2) relevant equipment that people are willing to share, 3) and special needs in your group of households. For instance, some folks might have mobility restrictions need additional help in a disaster. Remember Frances Scott's story?

A completed neighborhood plan will also include a site for neighbors to gather, and perhaps a separate care center.

## 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

These are samples of skills and equipment that could be useful in a disaster. You and your neighbors may need to know who has first aid training, child care skills, carpentry skills, etc. Similarly, you may need to know who has first aid supplies, spare tents or bedding, a chainsaw, 2-way radios, etc. You could enter this information into a spreadsheet for planning and emergencies. (0:30)

**Block #** \_\_\_\_\_ **House #** \_\_\_\_\_

**CONTACT INFORMATION**

Primary Contact \_\_\_\_\_ Email \_\_\_\_\_ Cell # \_\_\_\_\_

Out of State Contact \_\_\_\_\_ Email \_\_\_\_\_ Cell # \_\_\_\_\_

Your Address \_\_\_\_\_ Home# \_\_\_\_\_ Work# \_\_\_\_\_

Adult \_\_\_\_\_ Email \_\_\_\_\_ Cell# \_\_\_\_\_

Adult \_\_\_\_\_ Email \_\_\_\_\_ Cell# \_\_\_\_\_

Adult \_\_\_\_\_ Email \_\_\_\_\_ Cell# \_\_\_\_\_

Children \_\_\_\_\_

Special Needs \_\_\_\_\_ Pets \_\_\_\_\_ Other \_\_\_\_\_

Skills & Knowledge										Supplies & Equipment																				
First Aid Training	Nurse/Doctor	Child Care	Elder Care	Speech/Phonics	Counseling	Plumber	Carpenter	Electrician	Fire Fighting	Organizing	HMM/Buff/Collision	Other	Fire Extinguisher	First Aid Kit	Cribbage/Wheelchair	Walker/Bath	Washing/Bath	Tent/spare bedding	Strong Rope, tarp	Chain Saw	Camp Stove, grill	Wood Stove, fireplace	Ladder	Crowbar	Flashlight, Candles	Batteries	Solar charger	Generator	Roof, tarps	Other

At your Neighborhood Ready! meeting, please give your Neighborhood Host your completed contact information. Remember to initial the boxes in Skills & Knowledge and Supplies & Equipment section. This information will be consolidated by your Neighborhood Host with your neighbors' 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.

Follow us on:  
[www.facebook.com/CedarHillsReady/](https://www.facebook.com/CedarHillsReady/)      [www.QuakeUpNW.org](http://www.QuakeUpNW.org)      [www.CedarHillsReady.org](http://www.CedarHillsReady.org)

## Make your Neighborhood Contact list

This form is an insert that comes with the "Get Ready Now!" Booklet

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31

This is a sample form from Cedar Hills Ready's "Get Ready Now!" booklet. This form is for neighbors to fill out and return to neighborhood hosts, who can then enter it all into one spreadsheet so that every neighbor has a record of names, ages, special needs, pets, email addresses, etc. This kind of organization facilitates recovery actions for each family, and it saves lives.

This level of information may not be what you want shared with anyone outside the neighborhood, so that's one of the things you should discuss at this first meeting. What kinds of information will your group record, and where should it be kept? (0:30)

## What happened at your first Neighborhood Ready! Meeting?



1. GOT ACQUAINTED



2. LISTENED TO AND WATCHED  
PRESENTATION



3. CREATED A NEIGHBORHOOD  
MAP & PLAN

Planning + Preparedness + Practice = Resilience

5/26/21

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32

Those are some of the elements of your neighborhood plan that we can help you and your neighbors put together. By the end of the meeting, you and your neighbors will have:

- Gotten acquainted
- Listened to the Neighborhood Ready! presentation, and
- Created a Plan of Action.

You can follow up with a later meeting to finalize and share copies. This might be a group you want to meet with twice a year to get reacquainted and update and practice your plan. (0:30)

## I'm nervous Can I hear from someone who has done this?



- Tips and tricks for how this really works
- How to invite people
- What's the most fun?
- Questions people have at the first meeting

5/26/21

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33

In a minute, we are going to go back into our smaller groups tonight and talk about finding hosts for your first neighborhood ready meeting.

But before that, we thought you might like to hear from some hosts who have done this on their blocks. They will give you a brief story about how their first meetings went. (0:30)

**[Karen: Stop sharing the screen so that the speakers are fully visible!]**

- Lincoln will call on & manage the testimonial speakers: Barbara, Judy, & Karen.
- No more than 5 minutes total for all three.
- One of the speakers could describe opportunities for getting together a second time, such as National Night Out (August 3<sup>rd</sup>) or practice neighborhood ready skills on International ShakeOut Day (Oct 21<sup>st</sup>)

## 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?!)

5/26/21

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34

Okay, it's almost time to return to our smaller groups for 10 minutes of discussion.

- We want all of you to be hosts on your block. If you've already decided to aim for a "6-pack" or more homes, go ahead and let us know via private chat right now.
  - IF leading a 6-pack is not possible for you, then we ask that you describe a personally realistic goal regarding the people with whom you will share this information in the next month.
  - Could you share this meeting's information with one neighbor, and agree to check on each other in a disaster?
  - Could you recruit a neighbor on your block to help you organize more of your block?
  - Could you mobilize a buddy in another block (or another state?!) to organize their block with you?
- These are just some suggested goals, and you're welcome to make your own.

Once everyone has described their goals, consider whether your group would be interested in checking in again as a group in a month's time – I'm only suggesting this because sometimes folks appreciate having additional accountability for certain goals. If the group isn't interested, that's fine too.

**To summarize: In the next month, who will you include in this preparation. Also, decide whether your small group from tonight will reconvene in the next month.**

**Karen** is ready to send you into breakout rooms now to discuss realistic goals about being neighborhood hosts. We'll see you in 10 minutes.

[NOTE: Karen will set up rooms with auto join, countdown at 1 min, 10 mins, auto-return; co-hosts will join different rooms]

## Tonight's Summary & Call to Action

- Resilience: Working together as neighborhoods
- 9-step recovery strategy for you, family and neighbors
- Call to action: let's get started!



5/26/21

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35

**LINCOLN:** Welcome back! 10 minutes isn't a lot, but we hope you got some ideas about getting started on setting up a neighborhood group. It's time for action! First, let's share some people's goals or questions: (A FEW MINUTES)  
Okay, that's great feedback!

### Summary

Thank you all for coming and listening to our pitch. Neighborhoods are so important in our lives, and may be even more important to our successful recovery after a major disaster strikes. We want to help you and your neighbors organize.

Here's what we did tonight:

- We discussed how neighborhood preparation is critical to resiliency, and how small groups of neighbors can save lives, homes and connections.
- We summarized a simple and powerful FEMA-sponsored 9-step protocol for taking care of ourselves and planning together as neighbors when a disaster strikes.
- We presented an offer to facilitate your first neighborhood meeting, and teach you and your neighbors about the 9-step recovery plan. So, let's get started! NOW is the time to get your neighborhood ready!

And NOW is the time for me to turn this back over to Karen to complete our meeting.




**Cedar Hills Ready!**  
Neighborhood Disaster Preparedness

**QUAKEUP!**  
Get Ready! Be Resilient. Preparedness.

# 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](http://www.cedarhillsready.org) or Karen at [Info.cedarhillsready@gmail.com](mailto:Info.cedarhillsready@gmail.com) (971-361-9348)

5/26/2021 WWW.CEDARHILLSREADY.ORG WWW.QUAKEUPNW.ORG 36

Karen: Thank you Lincoln! Before we go into our Q&A session, I'd like to tell you a bit about what's up next for our next meeting June 23<sup>rd</sup>. Next month, our topic will be, "Barrel Survival: Community Cashes & Rain Barrel Storage."

Be Resilient: Build Community Caches and Rainwater Collections. Help everyone on your street have the most important elements after a disaster...water, sanitation, and hygiene kits. Learn what 230 homes in one Beaverton neighborhood did to prepare. And catch the essential tips for collecting and caring for roof top rainwater. A way to grow 'green' and be 'water ready'.

Join us June 23<sup>rd</sup> at 7 pm on Zoom. Everyone is welcome, and its free. Share and invite all your important people.



## Free Resources

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"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](mailto:Info.CedarHillsReady@gmail.com)

Just a quick reminder, you get your free copy of the Get Prepared Now! Booklet on our website. We will have copies of this presentation and the video on the website at the link shown on this page.



## Q&A & Thank You!

Contact:

[Info.CedarHillsReady@gmail.com](mailto: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>

Karen:

There lot of things to do to be prepared for in a disaster. Today, we've highlighted how to organize your neighborhood. The next steps are up to you. We are ready for questions and answers.

**[AFTER A MINUTE: Turn OFF screen sharing. ]**

[Respond to the questions or comments that have been made and unanswered during the presentation. Then close the meeting. Reinforce address, website, phone number, etc.]