

# EMERGENCY PREPAREDNESS IN WALLINGFORD ...INVITATION TO PARTICIPATE

Sustainable Wallingford's Emergency Preparedness Guild is working with the City of Seattle's Office of Emergency Preparedness, the Wallingford Community Council, Friday Night at the Meaningful Movies, and others to encourage neighbors to work together toward emergency preparedness.

**This flyer is addressed specifically to friends and neighbors in the vicinity of N. 41<sup>st</sup> St. and Densmore Ave N.**

Here's what we have planned:

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## **FRIDAY, JUNE 6<sup>TH</sup>, 7:00 – 9:30 PM: FILM & DISCUSSION**

Sustainable Wallingford and Friday Night at the Meaningful Movies presents an evening of Film and Community Discussion. We'll be showing the film "CASCADIA: HIDDEN FIRE", on the current earthquake risk followed by a presentation by MARK HOWARD from SEATTLE OFFICE OF EMERGENCY MANAGEMENT on how we can work together as neighbors and as a community to better prepare for possible disasters.

**LOCATION:** Keystone United Church of Christ, 5019 Keystone Place N, in Wallingford, ½ block north of 50<sup>th</sup>, & 1 block east of Meridian. **FREE and open to the public**

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## **SATURDAY, JUNE 7<sup>TH</sup>, NOON – 3:00 PM: WORKSHOP**

PREPARING FOR DISASTER: A Neighborhood Training And Organizing Meeting, with DEBBIE GOETZ from the SEATTLE OFFICE OF EMERGENCY MANAGEMENT.

**LOCATION:** Keystone United Church of Christ, 5019 Keystone Place N, in Wallingford, ½ block north of 50<sup>th</sup>, & 1 block east of Meridian. **FREE and open to the public**

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## **DATE, TIME AND PLACE TO BE DETERMINED**

Neighborhood potluck organizing meeting in the immediate 41<sup>st</sup> & Densmore area.

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## **DATE, TIME AND PLACE TO BE DETERMINED**

Community Level Organizing Meeting – a meeting of representatives from various organized and organizing block areas in the Wallingford area, to work together, develop and share resources and coordinate with overall City organizing efforts.

Hope you can join us!

Rick & Diane Turner

Sustainable Wallingford & Friday Night at the Meaningful Movies

4110 Densmore Ave N.

206-633-4573

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## **WHAT IS SUSTAINABLE WALLINGFORD? [www.sustainablewallingford.us](http://www.sustainablewallingford.us)**

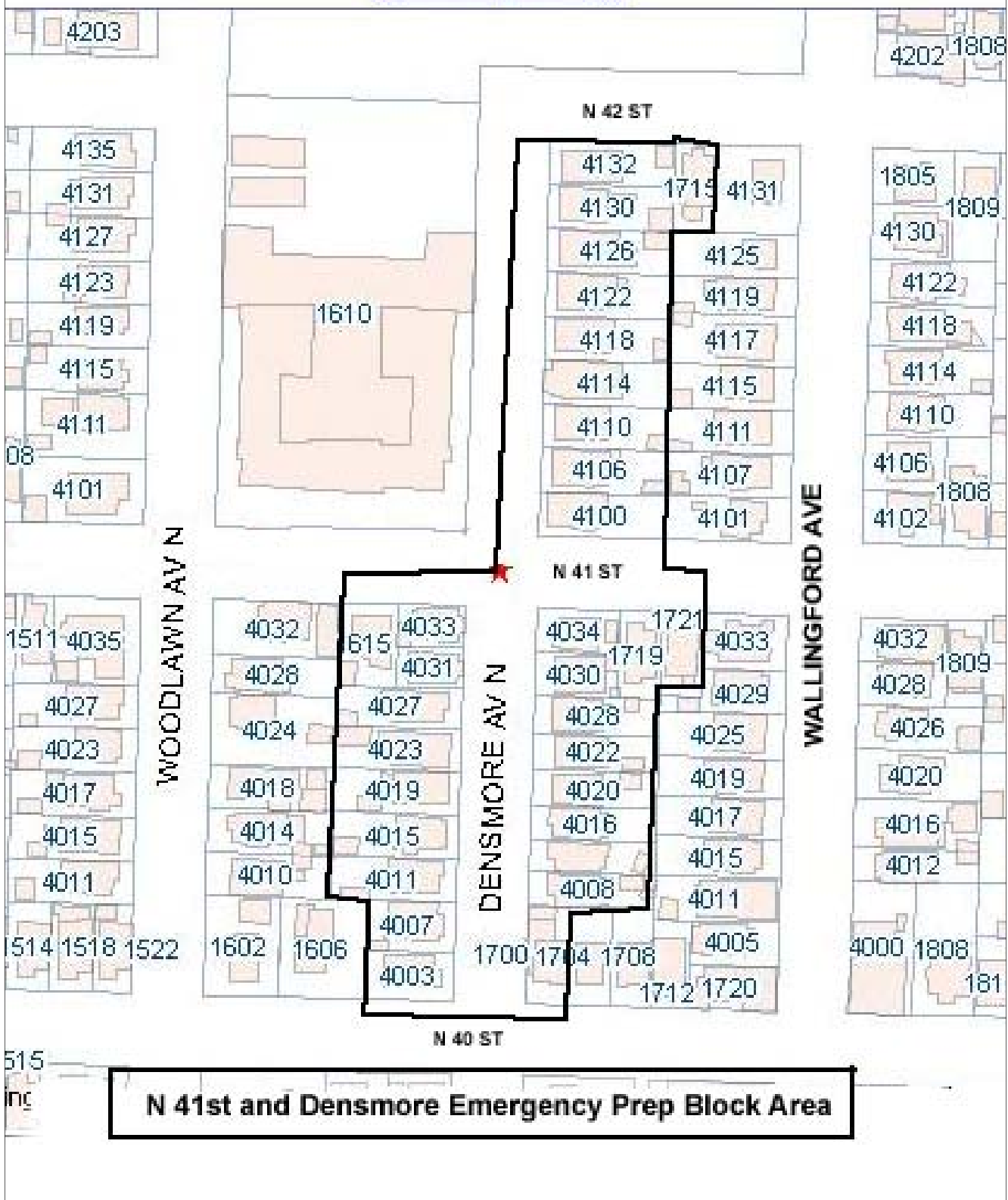
*We are a group of neighbors and friends of Wallingford who meet every month to educate, participate, and celebrate.*

- *We educate ourselves and each other about the small and large steps we need to take to have whole and meaningful lives using the resources the planet is able to contribute to our well-being.*
- *We participate with each other in guilds and activities that improve our neighborhood one step at a time. Some activities we are starting include "Growing Food Growing Community", "Home energy", "Passeggiata walks", "Active Emergency Preparedness" and "[www.Spokespeople.us](http://www.Spokespeople.us) bike rides".*
- *We will celebrate events as diverse as community potlucks, neighborhood walking tours, yoga in the park classes, and summer festivals.*

*We are a wheelbarrow organization—holding and moving forward ideas that are bubbling up in the community about how to live on one planet with joy and grace. We work to support the sustainable goals and aspirations of all of the wonderful people and institutions that build the Wallingford community.*

**We meet every second Saturday from 10 to noon at Mosaic Community Coffee House 4401 2nd Ave NE. Call (206) 547-9569 for more information. Join us!**





**N 41st and Densmore Emergency Prep Block Area**

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## A SHORT EMERGENCY PREP RESOURCE LIST:

<http://www.seattle.gov/emergency/>

City of Seattle Office of Emergency Management (OEM) web page with information on a variety of issues and overall disaster planning documents or individuals, businesses, and communities.

<http://www.getemergencyprepared.com/>

An outstanding resource with an online 8-step course to prepare for a host of emergencies. They also have a tool-kit of documents and suggestions for neighborhood scale preparedness. The disasters they list on their home page ranges from house fires and power outages to earthquakes and pandemic flu.

[http://www.emd.wa.gov/preparedness/prepare\\_year.shtml](http://www.emd.wa.gov/preparedness/prepare_year.shtml)

Choose one hour each month to complete the designated activity and write it on your planning calendar. Similar info to the old SDART manual: "Getting Ready...SDART's Guide to Personal & Neighborhood Preparedness"

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<http://www.seattleredcross.org>

Seattle Red Cross has general information on emergency preparedness and offers training classes in first aid, CPR, and emergency response.

<http://www.pnsn.org/WEBICORDER/DEEPTREM/winter2008.html>

A blow by blow on episodic tremor and slip events happening on the Cascadia fault.

<http://www.fema.gov/hazard/earthquake/index.shtm>

What to do before, during and after an earthquake.

[http://emd.wa.gov/hazards/haz\\_earthquakes.shtml](http://emd.wa.gov/hazards/haz_earthquakes.shtml)

A great list of additional resources.

<http://www.phinneycenter.org/>

Register for classes in how to retrofit your home in King, Pierce, Snohomish and Kitsap counties. Links to other earthquake preparedness resources.

<http://www.ess.washington.edu/recenteqs/latest.htm>

University of Washington Seismology & Earthquake Information

<http://www.seattlechannel.org/videos/watchVideos.asp?program=emergencyPlanning>

Videos on Emergency and Earthquake Planning in Seattle

ONE VERY SIMPLE THING YOU CAN DO TO GET STARTED:

## CRITICAL UNDER-THE-BED ITEMS

Ready to respond - day or night

When disaster strikes, it may be difficult to think as rationally and as quickly as you would like. The more procedures you have in place, and the easier they are to remember and implement, the more effective and efficient will be your response.

We recommend that you keep these basic response supplies under the bed. That way, day or night, you'll know where to get the essentials.

At a Minimum:

Keep a pair of sturdy shoes to protect your feet by each loved one's bed at all times.

Critical under-the-bed items

- sturdy shoes - to protect your feet from broken glass
- work gloves, preferably leather - to protect your hands from broken glass
- hardhat - to protect you from falling objects like chimney bricks, downed trees or branches
- flashlight & light sticks - essential for a nighttime response
- a large (8 ½ x 11) card with large boldly lettered "OK" on one side, and "HELP" on the other side. (Also available from your local office of Emergency Management).
- a few band aids (easier to store with the sign than tape) - to hang the OK / HELP card in the window or on the front door



From Washington State Emergency Management

[http://www.emd.wa.gov/preparedness/prep\\_prepare\\_year.shtml](http://www.emd.wa.gov/preparedness/prep_prepare_year.shtml)