

# Issaquah Highlands Emergency Preparedness Day

## Post Event Story

A major disaster-emergency-related event we can all be thrilled about has just occurred. Nearly two-hundred IH and Issaquah residents attended the Emergency Preparedness event at Blakely Hall on October 20th. Residents met with the various public agencies, volunteers running training and neighborhood participation programs, and vendors offering many products. Presentations in the boardroom ran for over three hours on many topics. A great deal of information was exchanged, volunteers enrolled, and the bottom-line objective, many people are now more prepared. There was great excitement filling Blakely Hall, with attendees soaking up information, one booth, one presentation after another. It was capped off with KIRO TV Channel 4 News interviewing residents, airing that night.

This event begins a process of preparedness to last into the future. Those who volunteered for Map Your Neighborhood and Community Emergency Response Training (CERT), etc.



will soon be contacted for their first training or meeting. Many neighborhoods are already being mapped with volunteers who have skills and abilities, as well as those who have disabilities or special needs. Look up the Map Your Neighborhood contact below.



### TOP TEN ITEMS FOR A DISASTER

- Water and filters – This is the most critical need for all humans and pets. Keep a few gallons in storage, rotating stocks, and a water filter. There are many to choose from, found at outdoor stores or online.
- Food – You must have adequate supplies of core staples. Rotate stock.
- Clothing – Keep some extra warm and water proof clothing in a separate location.
- Sleeping bags and thermal blankets, the latter can be stored in your auto.
- First Aid supplies
- Personal medications, especially prescription meds.
- Out of area contact information, designated authorities, family names, etc.
- Flashlights, helmets, sturdy shoes. These can be kept under your bed
- Cash and coins in small denominations.

Put this list on your refrigerator and check off the items as you stockpile. Many of these can be stored in the trunk of your car, in a sturdy plastic box, and under your bed.

A year from now, we may have another meeting on this topic, but don't wait for that meeting. Please get involved now.

#### PROGRAMS

##### Map Your Neighborhood

Stu Lindscott, [stuartl@charterbankwa.com](mailto:stuartl@charterbankwa.com), (206)715-2878

##### CERT Training

Maureen Bondor, [Maureen.bondor@ihmail.com](mailto:Maureen.bondor@ihmail.com), (425)391-3668

**Issaquah Citizens Corp** [www.issaquahcitizenscorp.com](http://www.issaquahcitizenscorp.com)

Brenda Bramwell, [issaquahcitizenscorp@yahoo.com](mailto:issaquahcitizenscorp@yahoo.com), (425)246-5384

#### SUPPLIES

**Emergency Ready** [www.emergency-ready.com](http://www.emergency-ready.com)

Kim Mitzel, [kim@emergency-ready.com](mailto:kim@emergency-ready.com), (206)954-0025

## Map Your Neighborhood (MYN) Campaign Spreading Through the Highlands

After a very successful Emergency Preparedness Open House at Blakely Hall in October many Highlands residents are assisting with the roll out of Map Your Neighborhood (MYN) to help build and strengthen disaster readiness among neighbors. This program identifies steps neighbors can take to prepare and respond immediately following a disaster. MYN fits into the Highlands culture because you'll get to know your neighbors and work as a community to prepare for a disaster like an earthquake. 18 Highlands residents agreed to help organize a MYN training for 15 to 20 of their closest neighbors. Our goal is to recruit other neighbors interested in participating and organizing this very innovative program sponsored by Emergency Management Public Education and Washington Citizen Corps.

Map Your Neighborhood defines a neighborhood as an area comprised of between 15 and 20 homes. Neighborhoods participating in MYN will receive a Map Your Neighborhood Booklet and learn three key items for neighborhood readiness during a 90 minute meeting:

- 1) First you will learn the 9 steps to follow immediately following a disaster. These are things that are necessary and effective in caring first for our individual home and then our neighborhood, including how to use a fire extinguisher and shut off gas meters.
- 2) Second, you will identify neighbor skills (like CPR, electrician, etc.) and equipment (generator, strong rope, etc.) that are useful in a disaster situation.
- 3) Lastly, we map our neighborhood by having everyone mark gas meters, gathering sites and contact information. It also identifies where people live that have special needs, elderly, children and pets. Neighbors develop tasks and assignments to carry out for both preparation and recovery purposes.

After researching past disaster scenarios and our experiences of last winter, it is clear that first response readiness is vital in order for people and communities to recover quickly. Issaquah Highlands neighborhood readiness is critical because research continuously displays, as seen with the Kobe Earthquake in Japan, that neighbors are the first people you'll rely on for shock, injuries, gas leaks, fire and survival in a major disaster like an earthquake. The training gives neighborhoods confidence and competency to respond to a disaster, which ultimately frees up our local Fire and Medical personal to respond to those who truly need assistance.

One of our own neighbors, Stuart Linscott, has already assisted in successfully rolling out Map Your Neighborhood to specific neighborhoods in Bellevue, Issaquah, Klahanie, Newcastle/Renton and Duvall. Stuart is a resource who can assist people about MYN training questions and get you resources to learn more about the Map Your Neighborhood program.

If you want to learn more or have your neighborhood trained please attend one of two upcoming training sessions.

### Map Your Neighborhood Training Session

Saturday, December 1 or Saturday, January 12

9:00-11:00am, Blakely Hall

Please email Stuart Linscott at [stuartl@charterbankwa.com](mailto:stuartl@charterbankwa.com) to RSVP or if you have any other questions.