

OCWC Newsletter

PO Box 2102 | Oregon City, OR | 97045-0058 | www.oregoncitywomensclub.org



Connie's Corner...

Hi, It's looking and feeling like Summer has finally arrived! This is such a beautiful time of year, the flowers and yards are prettier than ever. This past week I was fortunate to be able to spend some time in Central Oregon with close friends, and best of all no TV and sketchy phone service. There was lots of time to relax, visit and enjoy some of my favorite hobbies. Hopefully, you will have an opportunity to get out in nature...even if it's in your own backyard.

🌸 I'm so looking forward to all of us gathering together, whenever that may take place 😊. If you have ideas or suggestions for raising funds this coming year, please email them to Sheila or myself. We are open to looking into any and all possibilities.

Chris is happy to have you email her information during the month for our Newsletters. Fun to add some easy yummy recipes, pictures, etc. Please get these to her by the middle of the month.

Some upcoming Events - Check out the attached pdf on a GFWC Summer webinar series, they take place on Monday's beginning July 20th, July 27th and August 3rd. There are several different topics and each one is only 45 minutes-1 hour...you can pick and choose just those you are interested in.

Also, the Children's Center Ninth Annual Healing Garden GALA will be Friday, September 25th at 7 PM. The Gala is going virtual, join them for a live stream broadcast. It will be an evening of celebration and support for the work Children's Center does to intervene, treat and prevent child maltreatment.

Learn more at www.childrenscenter.cc.

We will send you the latest information on our fall meeting schedule as it becomes available. Chris has some great speakers lined up for us! If restrictions change, we would love to meet at a park some time this summer (with masks and social distancing, of course) to visit and catch up.

Enjoy these long summer days See you soon, Connie

GFWC Summer Webinar Series July-August 2020

Monday, July 20, 2020

7:00 p.m. EDT Leadership (45 minutes-1 hour)

Chairman Shannon Bailey and committee

Building Your Leadership Toolkit

8:30 p.m. EDT Legislation and Public Policy (45 minutes-1 hour)

Chairman Vicky Ann Trimmer and committee Gathering Facts & Working For Change - Legislation/Public Policy Activity in an Election Year

Monday, July 27, 2020

7:00 p.m. EDT Communications and Public Relations (45 minutes-1 hour) Chairman Karyn Charvat and committee Communications 101: From Club to Crisis and Everything in Between

8:30 p.m. EDT Juniors' Special Program (45 minutes-1 hour)

Chairman Carrie Zimmerman and fellow Junior Board members Advocating for Children in GFWC Volunteering: It's not just for Juniors anymore

Monday, August 3, 2020

7:00 p.m. EDT Membership (45 minutes-1 hour) Chairman Becky Wright and committee Hats Off to Membership

8:30 p.m. EDT GFWC Signature Program: Domestic and Sexual Violence Awareness and Prevention (45 minutes-1 hour)
Chairman Jan Allen and committee GFWC Signature Program:
Leading to better Tomorrows

Membership Dues - \$40.00

It is that time of year again for Membership Dues. It would be greatly appreciated if you could mail your dues of \$40.00 prior to our September meeting if possible. Please mail your check to PO Box 2102, Oregon City, OR 97045.

Since we do not know if we will actually be able to meet in person for our September meeting we would like to make sure everyone's dues are paid on time. You can send a check now if you would like and a receipt will be sent to you.



August Birthday's

08-26 Betty Gallucci

Preparing For Disaster

We've just learned how important it is to be prepared for a global pandemic. But those of us who live in the West must also be ready for the ends of natural disasters- earthquakes, fires and floods - that are endemic to this part of the country. Here's how to prep your household.

By Avital Andrews

ONE

Stock your emergency kit. You should have enough emergency supplies to keep you safe and sound for at least three days after a disaster. Ideally, they should be packed in sealed, waterproof bins that are stored somewhere cool, dry, rodent free, and easy to access. Make sure everyone knows where the kit is, and check it twice a year to replace out-of-date items.

ready.gov recommends that every kit include these basics:

- Water (one gallon per person for three days)

- Food (non perishable, enough for three days)
- Can Opener
- Radio (battery powered or hand cranked)
- Headlamp or flashlight
- Batteries for all electronic items in your kit.
- First Aid Kit
- Whistle
- N95 respiratory masks
- Moist Towelettes and Garbage Bags with ties (for personal sanitation)
- Wrench or pliers to turn off utilities
- Local Maps

Depending on your circumstances, you may also want to pack:

- Medically necessary prescriptions (three days worth)
- Copies of vital personal documents, including ID cards that verify your street address.
- Cash
- Sleeping bag or blanket for each family member.
- Waterproof tarp
- Clothes (one change per person, appropriate for wherever you live)
- Sturdy shoes such as a pair of retired sneakers
- Water-purifying tablets or chlorine bleach (with a medicine dropper) to disinfect water.
- Waterproof matches in a waterproof container
- Fire extinguisher
- Personal hygiene items (including soap, hand sanitizer, and feminine care products)

- Other medication (aspirin, diarrhea remedies, etc)
- Spare eye glasses or contact lenses and solution
- If you have a baby ; Formula, bottles, diapers and wipes.
- If you have older kids: Books, Puzzles, Games and snacks
- If you have a pet: food (for three days worth), water, food bowl, medicine, blanket, copies of important paperwork (microchip number, vaccination and medical records) and a recent photo of you and Fluffy should you need to prove ownership.

In addition, make sure the emergency kit you keep in your car is up to date. (You do keep one in your car right?) It should include jumper cables, road flares, water, nonperishable food and first aid supplies.

TWO

Pack a go bag for work

Emergencies also happen when you're on the job, so you'll want to have supplies on hand there too. It should include enough food, water and necessary medicines to last 24 hours, plus a pair of shoes that are comfortable to walk in if your work shoes aren't, all stored in a brightly colored, water-proof duffel bag or backpack.

THREE

Have a plan.

Make sure everyone in your household knows what to do in the event of a natural disaster; how to evacuate the home, where to go, and who will grab what on the way out. Practice your plan.

Create a wallet-sized emergency contact list for everybody to carry that includes at least one out-of-state relative or friend. Such lists are useful not only to you, but also to rescue workers (who can use them to get in touch with someone on your behalf).

FOUR

Learn to shut off utilities.

You can protect your home from gas leaks, electrical fires, burst pipes and contaminated water by shutting off utilities after a disaster.

- **Natural Gas:** Its best if your utility does the shut off. If you must do it yourself, use a wrench to rotate the main valve so its perpendicular to the pipe.
- **Electricity:** Go to the circuit box, flip off individual circuits, then turn off the main circuit. Unplug your appliances.
- **Water:** Go to the main shutoff valve, turn the handle clockwise.

FIVE

Prepare for sheltering in place.

As we all know, pandemic preparedness is just as essential as being ready for fires, floods and earthquakes. Stay up-to date on vaccines and stock up with hand soaps, hand sanitizer, face masks, electrolyte drinks and a backup supply medications. Maintain paper copies of online access to, your family medical records. Think ahead about who will care for your kids or elderly relatives if you get sick.

SIX

Know what you own.

To assist with insurance claims, create a home inventory and store it in the cloud. Make a spreadsheet and take a video of all your belongings. Then email the spreadsheet and video to yourself and close relatives to save.

SEVEN

Protect the Irreplaceable

Store cherished heirlooms somewhere secure. Low shelves are bad for paper treasures during floods and high shelves are bad for fragile items during earthquakes. Have a plan for getting them out of the house if there is time to do so. Put important documents in a fireproof, waterproof safe after you have uploaded digital scans of them to the cloud. If you want to use a safety deposit box, consider a bank that isn't near your house - a disaster can impact the entire area.

EIGHT

Stay Informed.

Keep a battery powered radio in the house, so you can follow news reports and instructions from local officials. The Nixle system sends community alerts from local agencies. To sign up, text your zip code to 888777.

NINE

Prepare mentally.

While you're setting yourself up physically for a possible disaster, make sure you get mentally ready, too. Realistically acknowledge the possibility of an earthquake, fire or flood - whichever your hometown is prone to - without stressing out about it is step one. Step two is doing everything you can to be ready. Identify what needs to be done - and do it. Living with the constant inner noise of "What if there is a flood? Is like inflicting that flood upon yourself constantly. Prepare for the worst, then stop thinking about it.

TEN

Brush up on first aid.

CPR and basic first aid may be the most important skills you'll ever learn, if a family member or neighbor is injured during a disaster, this knowledge could save a life.



EARTHQUAKE

ELEVEN

Quake - proof your home

Bolt heavy objects such as bookcases, refrigerators, TV's, water heaters and gas appliances to studs in the walls. Set heavy objects on lower shelves. Don't put your bed near items that can topple over or glass that may break. Keep your floors and walkways as clear as possible, so you don't stumble over clutter while trying to escape quickly; those extra few seconds could make all the difference.

TWELVE

Get educated.

Check FEMA's earthquake hazard maps ([fema.gov/earthquake-hazard](https://www.fema.gov/earthquake-hazard) maps) to find out your level of risk. If you're in a shaky zone, have your family practice the quake drill. **Drop** to your hands and knees, **cover** your head and neck with your arms, and if possible, get underneath and **hold** onto sturdy furniture.

THIRTEEN

Avoid fallen lines.

After an earthquake strikes, be careful about venturing outside. If you encounter a fallen power line, stay at least 35 feet away from it. Don't touch any objects the line may be touching, such as a fence or car, to avoid getting shocked or electrocuted.



FLOOD

FOURTEEN

Know your risk

In the United States, floods are the most wide spread weather-related disasters. To find out whether your home is vulnerable to them, go to [msc.fema.gov/portal/home](https://www.msc.fema.gov/portal/home) and enter your street address. Areas near recent burn zones, construction sites, and rivers, streams and storm drains are at greatest risk.

FIFTEEN

Stay out of the water.

Never drive in floodwater. A mere 12 inches of moving water can sweep most cars off the road. Try not to walk in floodwater either; it may be electrified. If you absolutely must, use a stick to test its depth: Six inches of moving water is enough to knock down an adult.



FIRE

SIXTEEN

Establish a fire-resistant zone.

If you're in an area prone to wildfire, clear the area around your home - at least 100 feet from its walls - of anything flammable. Use fire resistant Class A - rated materials for roofing, siding and landscaping. Find or establish an outdoor water source with a hose that can reach any area of your property. Keep your roof and gutters free of leaves and debris.

SEVENTEEN

Check your alarms.

Make sure that your house has smoke alarms in and just outside any room where people sleep. Test them monthly, change their

batteries yearly, and replace them every decade. Buy a fire extinguisher and learn how to use it.

EIGHTEEN

Evacuate immediately.

If you get an evacuation order, don't dawdle. "The sooner you can leave your home and clear the roads, the easier it will be for firefighters to get their trucks in"



Rivercrest Little Library

The Little Library is in need of more Children's Books and Adult Books. This little gem is getting a lot of enjoyment from the neighborhood!



Jordin and Morgan Parks donating children's books to their Gaffney Lane Librarian Mrs. Werner!



Always end the day
with a positive
thought. No matter
how hard things
were, tomorrow's a
fresh opportunity
to make it better.

*My wish today is
that all my family and friends
stay healthy.*

