



Tales of the I.C.E. Man

I.C.E. - In Case of Emergency

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Value of living in Earthquake Country

With our location on what is known as the [Pacific Ring of Fire](#), the Pacific Northwest has long experience with earthquakes, although most have not been of the magnitude of the most recent one to strike Chile this past weekend. It is reported that the 8.8 magnitude earthquake in Chile was 500 times more powerful than the quake that devastated Haiti in January. So why did Chile experience so much less destruction?

With its long history of earthquakes, much like the Northwest, Chilean buildings are built to a more stringent building code than were those in Haiti. Similar building codes will help protect our buildings here as well. That said, we will not completely escape.

Older buildings like many of the brick ones in Old Town Sherwood could see severe damage. If you are in one of the shops in Old Town when the big one hits, get under something sturdy until the shaking stops. **DROP, COVER, AND HOLD ON.** DON'T run out the door – falling bricks can be hard on you. Older homes in Old Town could also be shaken off their foundations unless preventive measures are taken.

Oftentimes small steps can have big results. **Learn what to do.**

Take "5" to Survive – Survivors NOT Victims

The massive earthquakes of the last two months highlight the value of preparedness for emergency situations. A [72-hour kit](#) can be a real life-saver, especially if you have to leave home.

While many of us may be able to continue living in our homes, even after the Big One, damaged infrastructure – roads, power lines, water, gas, sewer, etc. will put a crimp on how we live. Store shelves will empty quickly and may take a long time to refill. Remember the snow storm in December '08?

Maintaining a two week supply of groceries in our pantries will help a lot, as will storing water. Do you know how much water you will need? Your family will also appreciate it if you can cook without normal utilities.

Knowing how to turn off our water at our house can help in ensuring water in our water-heater remains available for our use. Knowing how and when to turn off your natural gas could save your home from fire, one of the biggest threats after a big earthquake.

CERT training can help you become a survivor.

Preparedness Begins Between Your Ears – Who Depends on You?

The Winter Olympics were certainly exciting, with the many twists and turns before the victors finally took their places on the podium. Equally riveting were the many sidebar stories of how given athletes got to Vancouver B.C. in the first place and the long roads they traveled in terms of training, planning and preparation. I don't recall a single story of an athlete showing up and winning without arduous training and preparation. More often than not, that preparation began with a vision of success and how it would feel.

Now is the time to create the vision in our minds of how we are going to react and feel during and after an event like the major earthquake that struck Chile this past weekend.

- Are we going to be grateful for our 72-hour kit and the groceries in our pantry?
- Will our neighbors be glad we checked on them after we filled our bathtubs with water, but before we turned off the water into our house?
- Will our kids be grateful for the hot meal cooked on our grill using the extra tank of propane?
- Will we feel the incredible natural high often experienced by those involved in rescue operations?
- Or, will we have any idea at all what to do when the ground starts shaking and things start falling around us?

People attending Sherwood's CERT Basic training classes are learning how to be prepared for disasters and emergencies large and small. They are learning to work together to help their families, neighbors and community following a disaster and in other ways to help Sherwood. **They are learning how NOT to be a victim.**

To learn more come to the **CERT Orientation meeting March 11, 7 PM** in the Sherwood Police Station or contact me, Skip Booren, boorens@ci.sherwood.or.us. CERT classes start March 31.

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It is Always easier to Prepare than to Repair.

Good Links

[Earthquake Country](#) - Learn why "Triangle of Life" isn't good advice.

[Know your Stuff?](#) - Take a home inventory now.

[The Big One is Coming](#) Portland Town Hall meeting April 21 with Seismological Society of America