

PREPAREDNESS FAIR

EMERGENCY

WEDNESDAY, APRIL 26, 5-8 P.M.
PARKS & REC AT PALISADES, 1500 GREENTREE RD

Learn how to care for yourself and your family in the event of an earthquake, flood, winter storm, or other disaster at the Emergency Preparedness Fair. Brought to you by the city of Lake Oswego, this free, family-friendly event will feature approximately 20 informational booths plus programs and activities. **Stop by any time between 5 and 8 p.m.** and learn about water storage and emergency food options, emergency supply kits, pet preparedness, portable sanitation, seismic retrofitting your home, non-structural recommendations, solar power options, and much more!

Special programs and activities

- Learn how to save a life! Join the Lake Oswego Fire and Police Departments for special hands-only CPR training. Public Safety officials will teach the core skills of CPR and participants will have the opportunity to practice with mannequin Mini Anne.
- Tackle the Junior Firefighter Course and learn how to get out of a burning house.
- Lake Oswego's emergency vehicles – including the Fire Department's new ladder truck, police vehicles, and the city's Mobile Water Treatment System trailer.
- Water Container Giveaway – To prepare for an emergency, it is recommended that people store one gallon of water per person (and pet) per day for a minimum of 14 days. To help people meet this goal, the City will be giving away approximately 300 BPA-free 3-gallon water containers (limit of one bottle per Lake Oswego household).
- Learn how to build and set up a water filtration system.
- Pet Microchipping Clinic. During an emergency, pets can often be separated from their owner. To help ensure your pet is safely returned home, make sure they are microchipped and up to date on their vaccines. Good Neighbor Vet will have its mobile clinic on site to provide these services. Microchipping is \$17 per pet. Vaccinations are also available for a nominal fee and includes free exam.
- See an amateur radio demonstration by the Lake Oswego Amateur Radio Emergency Service (LOARES) and learn how you can become a HAM.
- LOPD's K9 Team – Officer Bechtol and K9 Charger. At this event, we will also be celebrating LOPD K9 Charger's retirement. Charger joined LO's K9 unit in January 2009 at just 12 months old.



Presentations

Cascadia and Other Disasters We Face in Oregon, and Being Prepared for Self-sufficiency

The City is proud to host a presentation featuring Jay Wilson from Clackamas County Emergency Management. Please join us from 6 to 7 p.m. in the Willamette Room to learn about:

- Cascadia and other earthquakes, floods, landslides, snowstorms, everyday disasters we face in Oregon and why it's important to be prepared.
- The likelihood of a catastrophic earthquake in the Pacific Northwest.
- Why you need to be prepared for self-sufficiency - what happens when the white hats don't come to the rescue.
- How do you get started putting an emergency plan together with your family.
- Tips to help make your home safer in case of earthquake.

Jay Wilson is the Clackamas County Resilience Coordinator with the Department of Emergency Management and spearheads the County's efforts to reduce risks and assess hazards including flood, earthquake, wildfire, volcano, and tsunami hazards, and climate change impacts. He has also lead sustainable recovery planning efforts between local, state and federal government agencies in working with the community groups affected by the January 16, 2011, flood event on the upper Sandy River.



Mr. Wilson is the Chair of the Oregon Seismic Safety Policy Advisory Commission (OSSPAC) and formerly served as a Disaster Resilience Fellow with the National Institute of Standards and Technology (NIST).

Being Your Child's First Responder: Fostering Resilience and Healing After a Disaster

The City welcomes preparedness expert Tyra Baird. Please join us from 7:15 to 8 p.m. in the Santiam Room to learn about:

- Emotional and psychological symptoms to a disaster will be reviewed by age, and what parents and other adults can do to foster healthy coping - family coping strategies. Tips for how to talk about the disaster and address concerns. Discuss post-traumatic stress disorder and depression in children. Tips for helping children in situations of relocation after a disaster, disaster-related anxiety, and dealing with grief.

Tyra Baird, a military spouse and mother of six, is co-founder and writer for www.preparednessmama.com. She has a Bachelors from BYU-Idaho in Child and Family Studies, and Home and Family Living. Emergency preparedness and self-reliance is a way of life and as a stay-at-home mom, Tyra considers herself an expert in man-made disasters and daily coping. Having lived in almost every disaster zone and experienced first-hand quite a few, she has a passion for helping others prepare for the "what if's" of life. Tyra enjoys reading, researching, writing, teaching, and public speaking, as well as all that goes into being prepared.



Shuttle available

Parking at Palisades is limited - please consider taking our convenient shuttle. Pick up location: LDS Church, 1271 Overlook Drive (across from Lakeridge High School).



For more information about how to prepare, visit www.lakeoswego.city/EmergencyManagement