

31st District Democrat's Newsletter

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MEETING NOTICE

The 31st L.D. Democrats will meet
Wednesday, April 26th

7 TO 9 PM

SUMNER PUBLIC LIBRARY

1116 Fryer Ave.

Sumner, WA

Coffee hour 6-7 PM

<http://31stDistrictDemocrats.org>

If you missed the last meeting you missed Dwight Pelz, State Democratic Party Chair.



Dwight answered questions from the membership.

APRIL MEETING TOPIC

DISASTER PREPAREDNESS

Presented by MJ McGalliard

MJ is Community Emergency Response Team (CERT) certified as well as certified by FEMA in Basic Incident Command System and Special Events Contingency Planning.

SANDRA LOVELAND TO CHAIR FESTIVALS AND FAIRS

Sandra Loveland will be taking over as Festivals and Fairs Chair. Last year the 31st District Democrats started an outreach program to raise our level of visibility within the community. Our success in contacting and registering voters encouraged us to continue and invest more in this vital election year. The 31st Dems will be out in Buckley, Auburn, Wilkeson, Bonney Lake and Edgewood. To volunteer, please contact Sandra at eloveland@comcast.net

HOW TO SURVIVE UNTIL HELP ARRIVES

By MJ McGalliard

A disaster is any event, natural or manmade that threatens life or property.

Even a windstorm that cuts off electricity can be life threatening for some one who is dependant on medications that have to be refrigerated.

Hurricanes Katrina and Rita should have taught us many lessons. As individuals the big thing we should have learned is- we have to be able to take care of ourselves for a period of time. For how long? The American Red Cross and the Federal Emergency Management Agency (FEMA) used to recommend that we prepare to live unassisted for three days. Now, that estimate is anywhere from ten days to two weeks.

What can we do? First of all, don't be intimidated by the need to prepare. You can begin as simply as buying an extra can of green beans when they are on sale and putting the extra can away for a very rainy day.

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(preparedness con'd.)

No matter where you live, you live under the threat of some kind of natural or man-made disaster. In the 31st District we are threatened by the possibilities of earthquake, Lahare, volcanic fallout, wildfire, extreme wind and the effects of tsunami and terrorism.

It is not a question of IF a disaster will happen it is a question of WHEN. Even if nothing big happens in your lifetime, you'll be more comfortable when minor disruptions in services occur if you prepare.

Here are some basic questions to answer that will help get you started followed by some websites and books that will provide more detailed information. I will also present much of the information at the District meeting on the 26th.

- ⇒ Do you have food stored in a safe, dry place?
- ⇒ Do you have water stored or a way to purify water?
- ⇒ Do you have an adequate First Aid supplies as well as any medications you need?

Do you have your important papers, i.e., birth certificates, insurance

(preparedness con'd.)

- ⇒ policies, vaccination records and some cash in a safe, fireproof place?
- ⇒ Do you have a communications plan for contacting family members?
- ⇒ Do you have an evacuation plan for your family?
- ⇒ Do you have a survival kits in your cars?

Now that I've given you some questions, here are some places to go for answers. And, don't forget the presentation at the April 26th 31st District Democrats meeting.

WEBSITES-

The American Red Cross provides detailed information on preparing your family for disaster. As well providing a place to purchase supplies.

<http://www.redcross.org/index.html>

Look on the left side of the page for the button to click.

The State of Washing provides a handbook that you can download and print.

<http://access.wa.gov/emergency/index.aspx>

Scroll down the page and click on 'Disaster Preparedness Handbook'.

And, if you still trust FEMA-

<http://www.fema.gov/areyouready/>

BOOKS-

(Note: Some of these books may have a political slant you may not agree with, but all have good information.)

The Complete Disaster Home Preparation Guide by Robert A. Roskind
Living Safe in an Unsafe World by Kate Kelly

And if you really want to get hardcore-
Ragnar's Urban Survival - A Hard-times Guide to Staying Alive in the City by Ragnar Benson

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