

Palisades Neighborhood Association

April 2012

Please register your email at www.palisadesneighborhood.org to receive neighborhood news electronically.

General Meeting
Thursday, April 19, 2012
7 pm, Lakeridge High School Rotunda
Agenda: Elections for Palisades Neighborhood Association, Luscher Area Master Plan, Tri-Met Service, and more!

Elections – Ballots are enclosed for the April 19 Palisades Neighborhood Association (PNA) election. If you are interested in maintaining the quality of life in your neighborhood, please vote and consider volunteering as a representative for your area. More volunteers generate better ideas and less work. The time commitment is flexible. See the enclosed forms for more information.

Emergency Preparedness - This has been one of the major initiatives this past year. Thanks to Rick Eilers and Gail Parrick, PNA received a \$2500 grant from the City of Lake Oswego to educate and help neighbors prepare for an emergency. PNA purchased 24 sets of two way radios to be distributed throughout the neighborhood. The grant will also provide seed money for the organization to purchase and sell “starter” emergency kits to Palisades residents. Please visit the PNA website for more information, and stay tuned as this project progresses throughout the year.

CERT Training – In the event of a catastrophic disaster, you and your neighbors may be on your own for a period of time, due to the size and extent of the area affected. CERT (Community Emergency Response Team) training is designed to help you help yourself, your family, and your neighbors. The training, sponsored by the Lake Oswego Fire Department, covers basic skills that are important to know in a disaster when emergency services are not available. Please call Karen Carnahan with the Lake Oswego Fire Department at 503-635-0275 if you are interested in signing up for the next session.

Luscher Area Plan – The City has been developing a master plan for the Luscher Area. In addition, an indoor tennis facility has been proposed at the location of Stafford and Atherton. Attend the April 19 PNA General Meeting to get an update on the proposed changes.

Swimming Lessons – The Greentree Pool offers youth swimming lessons during the summer. Two-week sessions will start June 25 and run through August 17. The lessons are open to everyone, regardless of membership. It is a great way to keep your kids active, healthy and safe! For more information, visit www.greentreepool.com, or contact Heidi Littler at heidilittler@gmail.com.

Tri-Met Update – In early February, Tri-Met proposed reducing service on Route 36 which travels on South Shore Boulevard. Currently, this route provides the only public transportation for our neighborhood. PNA, the City of Lake Oswego, and the Lake Oswego School District have all issued resolutions opposing the service cut. An update will be provided at the April 19 PNA General Meeting.

Palisades Elementary –The Lake Oswego School District continues to maintain the fields and play area at Palisades Elementary, and the building is currently being used by several youth sports teams. The South Side Elementary Boundary Committee is considering proposals that include utilizing Palisades to alleviate overcrowding at other elementary schools.

Website – This past year, neighbor Frederique Lavios kindly volunteered her services designing and maintaining our website. **Please register your email address at www.palisadesneighborhood.org to get timely updates on news, events, and issues that pertain to YOUR neighborhood.** Your email address is not sold or used for advertising. You will receive 6-12 updates per year.

Quick Reminders...

- * LO Comprehensive Plan: Transportation System – Share your thoughts about walking, biking, public transportation, and neighborhood connections. Thursday, April 12, West End Building, 4-7 pm.
- * Cheer for your neighbors (or participate!) in the Lake Run which traverses through our neighborhood on Saturday, May 12.
- * Have fun and support our neighbor by playing, or taking lessons, at the Lake Oswego Municipal Golf Course.
- * Please be a good citizen and pick up after your pet.

BE PREPARED!!!!

Take a few simple steps to ensure the safety of your family and home.

1. Register with the City of Lake Oswego for **CODE Red**. This is an emergency notification system that will contact you in the event of an emergency or disaster in your area. (www.ci.oswego.or.us/home/news/CodeRED.htm)
2. Have a **PLAN** and **COMMUNICATE it** with family members. Where will you meet outside your home? If you are not home, where will you go? Do you have an out of state contact to keep you apprised of news if local networks are not operating?
3. Gather **SUPPLIES**. Emergency experts recommend that citizens be able to provide for themselves for 72 hour in the event that you are required to leave your home. There are several ways to prepare for such an emergency or disaster.
 - a. Purchase a "Starter Kit" from your Neighborhood Association. A kit with the following supplies can be purchased at cost for \$30: water (qty 3 servings), emergency poncho, first aid kit, emergency blanket, waterproof matches, and backpack. The backpack is intended for individual use (1 person) and provides room for additional items.
 - b. Assemble your own Emergency kit. Refer to the list below from the American Red Cross, and visit their website (www.redcross.org) to learn more about first aid, caring for your pets and document storage in case of an emergency.
 - c. Purchase entire emergency kits from a reputable supplier. Shelf Reliance (www.shelfreliance.com), Emergency Essentials (www.beprepared.com/store), and the American Red Cross (www.redcrossstore.org) are all good sources.

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BASICS:

- Water (1 gal/person/day)
- Food (3 day supply)
- Flashlight
- Battery operated radio + extra batteries
- First Aid Kit
- Medications
- Multipurpose Tool
- Sanitation and personal hygiene items
- Copies of personal documents (passports, birth certificates, deed, insurance policies, proof of address, etc.)
- Cell phone & chargers
- Emergency Contact List
- Cash
- Emergency Blanket
- Maps of the area
- Gas wrench turn off

Additional Items:

- Medical Supplies
- Baby supplies
- Entertainment for children
- Pet supplies
- Two-way radios
- Extra set of house keys and car keys
- Manual can opener
- Whistle
- Surgical masks
- Waterproof matches
- Rain gear
- Towels
- Gloves
- Sturdy shoes
- Extra clothing
- Duct tape
- Scissors
- Bleach
- Tarp / Plastic sheeting
- Blankets or sleeping bags

Please refer to the American Red Cross website (www.redcross.org) for a complete list of the recommended supplies.