



September is National Preparedness Month



Did you know that more than half of Americans do NOT have a plan for emergency situations or natural disasters?

Looking back in the news we can cite numerous natural disasters of many types all around the country. For us here in California we have had our own reminders of the type of emergencies mother nature brings our way: fire, earthquake, and flood.

Prepare your home

Emergencies can occur inside the home as well. Take some time to consider these potential emergency situations in your home:

Drowning in both pools and bathtubs.

Falls, especially for older adults, but also for young ones near steps and stairs.

Understanding that people and families are busy these days and taking time to create an emergency plan might not fit into your thoughts of how you want to spend your leisure time, the Centers for Disease Control have a simple 3 step strategy to create a plan and help you be prepared in the event of an unforeseen situation.

Step 1: Get a Kit

“If you could take one thing with you on a desert island, what would it be?” This popular children’s question game is not too far off the mark for putting together an emergency kit for your family. Items that help you maintain a routine in an emergency will help your children

Poisoning is responsible for more than half of all home related unintended injury and deaths.

Burns from scalds, fire, chemicals, electricity and overexposure to the sun.

Fire is still a leading cause of fatal home injuries.

cope.

Putting together a good kit is the first step in helping you do that. Be sure to include your children in the process. Make it a game, and they will find it fun!

Some basic items to include in your kit:

- Flashlight
- Radio (hand-crank or battery powered with extra batteries)
- Water
- First-aid kit
- Can opener
- Canned goods

(Story continued on pg. 3 PLAN)

Learn how to prevent and respond to any of these home-related potential emergencies by going to:

http://www.nsc.org/safety_home/HomeandRecreational-Safety/Pages/HomeandRecreational-Safety.aspx

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WRCA Neighborhood Watch

Drivers: Prepare for Students



School is back in session! Children return to school excited to meet their new teacher, see old friends, and make new ones. With the excitement and youthful energy, we need to be prepared for the unexpected as they bike and walk to school.

The Sacramento Police Department wants to remind drivers, cyclists, and pedestrians to be cautious and to obey traffic laws and follow common sense safety guidelines, especially around campuses. Distracted driving such as texting or talking on the phone is not only illegal, but especially dangerous around schools, where hundreds of students may be on foot.

Some additional safety tips to keep in mind during the school year:

- ALWAYS cross the street

at a crosswalk.

- Look both ways while crossing and WALK do not run.
- When biking, plan your route on streets with marked bike lanes, when possible.
- ALWAYS wear a bike helmet.
- Bike with the flow of traffic; walk against traffic.
- Motorists should be prepared to SLOW DOWN for children.
- Use caution when sun glare may degrade a driver's vision.
- Parents should plan their child's route if they walk or cycle to school (safety spots to seek help, best

places to cross roadways, ensure child does not get lost).

- NEVER walk alone at night.
- NEVER ask for or accept a ride from a stranger.
- Be CAUTIOUS while dropping off and picking up students in school zones.
- Be COURTEOUS to other parents and to the neighbors who live surrounding schools.

Be sure to discuss the relevant tips with your children as they go back to school each year.

Article adapted from the August 2014 Sacramento Police Department Neighborhood Safety Newsletter.

Seven Steps to Earthquake Safety

When it comes to disaster, there are simple things you can do to make yourself safer. The information below will help you better prepare to survive and recover, wherever you live, work, or travel.

PREPARE:

Step 1: Secure your space by identifying hazards and securing moveable items.

Step 2: Plan to be safe by creating a disaster plan and deciding how you will communicate in an emergency.

Step 3: Organize disaster supplies in convenient loca-

tions.

Step 4: Minimize financial hardship by organizing important documents, strengthening your property, and considering insurance.

SURVIVE and RECOVER:

Step 5: Drop, Cover, and Hold On when the earth shakes.

Step 6: Improve safety after earthquakes by evacuating if necessary, helping the injured, and preventing further injuries or damage.

Step 7: Reconnect and Re-

store. Restore daily life by reconnecting with others, repairing damage, and rebuilding community.

For more information about the details of these steps link to <http://earthquakecountry.org/sevensteps/>

Story is from The Earthquake Country Alliance (ECA) which is a public-private partnership of people, organizations, and regional alliances that work together to improve preparedness, mitigation and resiliency.



News from District 1 Councilmember Ashby's office

Celebrate Natomas Festival

The 12th Annual "Celebrate Natomas Festival" is just around the corner!

The community festival is one of the largest of its kind in the greater Sacramento region and captures the very best of both South and North Natomas. This FREE event hosts booths for over 150 civic groups, businesses, neighborhoods, the faith based community, along with local government such as the City of Sacramento and County of Sacramento.

Celebrate Natomas focuses on the rich diversity of the area and the special community fabric found in Natomas.

The festival is important to us and is cherished by the neighbors we serve so please don't miss this opportunity to join us at Celebrate Natomas.

You can help support the 2014 Celebrate Natomas festival by becoming a sponsor or a vendor. Celebrate Natomas will take place on Saturday, October 11, 2014 and your participation will help ensure that this festival will continue to be an outstanding success!

Because of the generous contributions of sponsors and vendors, this incredible festival will continue to enhance

and celebrate the Natomas area. We hope that you will consider one of our sponsorship/vendor packages.

<http://www.angeliqueashby.com/become-a-vendor-or-sponsor-at-celebrate-natomas>

Creekside Community Fair

It's almost fall which means we are gearing up for the annual Creekside Community Fair! Join us for an afternoon of vendors from the North Natomas Town Center, live music, free food, face painters, balloon twisters, bounce houses, carnival games, pumpkin painting, and more! The North Natomas TMA will have their free bike valet, so feel free to ride your bike to the event.



PLAN (continued from page 1)

You should also know your family member medications and keep a small supply in case of emergency. Consider a small identification card with information on key medications and emergency contacts for each family member to keep at all times.

Think of your family's specific needs. For example, other items will be required for infants, elderly, or special needs family members.

Keep a similar kit in each car, along with a blanket, nonperishable food, and a charger for your essential electronics.

Step 2: Make a Plan

Knowing what to do in an emergency is just as important as having a kit. Most important is having a way to reunite your family if they are separated at the time of the emergency. Children do better in these situations when they are with their families. As a start, teach your children important names, phone numbers and addresses.

Protecting your family will involve others as well. Pick a family member out of town to be a common contact for everyone to call or text if local phone lines are down. Delegate a close family friend as an alternate contact who could pick your children

up if you cannot. If someone else cares for a family member during the day, always make sure they know what to do and who to contact in an emergency too. Lastly, make sure to have a plan for what to do with your pets.

Step 3: Stay Informed

Know the emergency plan in your schools and work place and keep emergency contact information up to date.

Events and information change quickly in an emergency. Pay attention to local leaders so you can make the best, most informed decisions for you and your family.

SAVE THE DATE:
THE CELEBRATE
NATOMAS
FESTIVAL IS ON
SATURDAY,
OCTOBER 11TH



Preserving and Improving the Quality of Life in the Gateway West and Park View Neighborhoods

WRCA NEIGHBORHOOD WATCH NEWSLETTER

WRCA Website:

<http://witerranchcommunity.org/>

WRCA Neighborhood

Watch E-mail:

watch@witerranchcommunity.org

Gateway West & Park View now have a voice.

Built between 1999 and 2005, the Gateway West and Park View neighborhoods in Sacramento's Natomas basin were developed. In the years that passed, it became apparent to many in our neighborhood that opportunities exist to preserve, improve, and protect our community.

Gateway West and Park View neighborhoods contain 1,361 single family homes, two apartment communities on Duckhorn Drive that total 412 units, numerous businesses in the Market West Shopping Center, and of course, the historic ranch that is our namesake. There are also two undeveloped parcels of land, both of which are currently zoned for high density residential.

Witter Ranch Community Alliance was created by several area homeowners who found each other in the course of seeking solutions to challenges our community faces. We are motivated, we are connected, and if you live in Gateway West or Park View, we need your support.

Together we can — and do — make a difference.



Remember to Take Action

Be an aware and active community member, remember to do a few of these things, if not all:

1. Attend the **FREE Tuesday, September 9th** SacPD "Are You Prepared Sacramento?" Neighborhood Emergency Training class from **6:30 to 8:00pm** at the **Natomas Police & Community Resource Center located at 2701 Del Paso Rd, #140** in the Safe-way shopping center near Papa Murphy's Pizza.

2. Plan a time to plan for an emergency. Follow the CDC 3

Step strategy to make a kit, make a plan, and to stay informed.

3. Drivers be prepared for the students walking and riding to school. Prepare your students too!

4. Prepare your home to prevent avoidable emergencies such as drowning, falls, poisoning, burns, and fires.

5. Review the Earthquake safety steps for your home, workplace, or business.

And lets not forget...

6. Make an effort to meet your neighbors when the opportunity presents itself and share this information! Inform them of the WRCA, the Neighborhood Watch program, and Nextdoor.

Don't hesitate to call and make a report when you see suspicious behavior, criminal activity, or code violations. The police need our help as much as we need theirs.

