



When A Natural Disaster Strikes Will You And Your Family Be Ready?

Experts Warn Cascadia Is Overdue For A 9.0 Earthquake

Everyday you hear the warnings, "Be informed. Build a kit. Make a plan". Have you made a kit? Do you have a plan? If you're like most of us - you're not ready. Here's some handy tips and important resources to help you be prepared for a disaster.

TICK. TOCK.

Think of Oregon geology as a clock, measuring time in earthquakes. Tick: a magnitude 8 quake. (Bigger than 1989 Bay Area quake that killed 63 people.) Tock: a magnitude 9. (Same as the 2011 Japan quake that killed almost 16,000 people.) On average, a major quake happens in our area every 243 years, the last one was January 26, 1700 — 316 years ago. Yes. We are overdue.

When the next *Big One* does happen, a 700-mile long section of the tectonic plate known as the Juan de Fuca, stretching from British Columbia to Northern California, will slide beneath the North American plate, causing the entire Northwest coastline to sink up to 6.6 feet. This won't be a



California-style short burst of energy quake in the earth's upper crust. The *Big One* will be bigger, deeper, and last longer: 3–4 minutes, with dozens of aftershocks, some very powerful, for days, months, or later.

Hillsides will slide. Buildings will collapse. Roads will buckle. High-rises will sway. Bridges will crack. Some will fall. Pipes will snap. Within 20 minutes, the first of several 40-foot tsunami waves will wash away the Oregon Coast's low-lying towns.

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Download this newsletter with active links at: wilkeeastna.org/newsletter.htm

Nadaka Is Not Finished & Community Help Needed

By Lee Dayfield, Friends of Nadaka

It's been almost a year since the new south two acres of Nadaka Nature Park opened. Those visiting the park may think it's finished and the City of Gresham is taking care of everything. This is absolutely not the case.

When Friends of Nadaka and its partners began this dream for Nadaka we agreed to maintain and operate the park for five years. The City of Gresham agreed they would continue to mow the grass, remove the garbage, make repairs as needed and some other things. The Friends agreed we would maintain the picnic shelter, community garden, restroom, weed the planted beds and some other things.

In addition we are planning to complete what will represent a 'fishing pier' over the rock river and add some type of nature

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based swing on the two acres. We need a licensed and bonded general contractor for this construction so if you or someone you know is interested, please let us know by contacting Monica at the number below. We have some grant funds to pay for this -- but someone could also volunteer time. MIG has done the design for the fishing pier.

Maintaining our park and continuing to hold fun and educational activities for families takes a lot of volunteers and money.

See **NADAKA** Page 2

Mark Your Calendar! Wilkes East Neighborhood

Spring Meeting March 28th • 7PM

Albertina Kerr • Bldg "CI"
722 NE 162nd Av

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Spring Events at Nadaka 2016!

By Monica McAllister, Nadaka Coordinator

There is a hint of spring in the air as you walk through the forest at Nadaka Nature Park. With the waning of winter and the promise of a new season approaching, Friends of Nadaka is gearing up for a multitude of events at the park! From gardening workshops to story time for the little ones, we are excited to offer plenty of opportunities for you to get outside and spend time with friends and family.

Want to make a difference in your community and provide a safe place for wildlife in time for Earth Day? Meet us at Nadaka for the SOLVE IT for Earth Day Cleanup Saturday April 23rd 9-12pm. We will be removing invasive species such as English Ivy from the 10 acre forested portion of the park. The event will start with a brief lesson on native and invasive plant species. Register on our website www.friendsofnadaka.org. Tools, plants, gloves, and light refreshments are provided for all our stewardship events. Dress to work in natural areas: long pants, warm cloths, and closed-toe sturdy shoes. Meet us at the picnic shelter. Please bring a water bottle and a friend!

Friends of Nadaka and the Audubon Society of Portland are excited to continue our monthly guided Bird Walk on March 19th at 8am. This is a family-friendly event open to beginners and advance bird watchers. If you have your own binoculars, great! If not, we will have some for you to borrow. This is a great event to help you brush up on your birding basics and identification. Meet us at the picnic structure. We look forward to seeing you there!

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Wilkes East Neighborhood Association Newsletter

Published three times a year. Over 1500 copies distributed throughout Wilkes East.

The Wilkes East Neighborhood Association (WENA) is a non-profit organization in Gresham, Oregon. Deadline for submission is the 10th of the month prior to publication. Submit material to info@wilkeeastna.org. WENA reserves all rights, and all copy may be edited for clarity and length. Download a PDF of this newsletter online at: www.wilkeeastna.org/newsletter.htm.

BOARD MEMBERS

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BOARD MEETINGS

Board meetings are held on the fourth Monday of each month at 6:30PM. See [website](http://www.wilkeeastna.org) for details.

SPECIAL THANKS

- The Wilkes East Neighborhood newsletter is funded, in part, through a generous grant from the [City of Gresham](http://www.cityofgresham.org).
- Printing by [Print Results Inc.](http://www.printresults.com) 503-287-9566
- Meeting hall: [Albertina Kerr](http://www.albertina-kerr.com) - 722 NE 162nd Av

Got an interesting story to share?

Email it to: info@wilkeeastna.org
or mail to: PO Box 536 • Fairview, OR 97024

Volunteer Opportunities

Get involved. Let us know how you'd like to help. Email info@wilkeeastna.org for details.



Dear Neighbors • a message from your WENA President

At present there are three (3) Land-Use issues. 1) Development at the Chevron station, NE Sandy Blvd & 181st, which has been ongoing since 2013. 2) Waterside Apartments, NE 165th & Halsey St. 3) Stark Firs Multi-Family project, 641 NE 162nd.

Craig Smith with Waterside Apts will not be available for our March 28th public meeting, however Smith will be on the agenda for the August 22nd public meeting. Smith has promised to send us progress reports on how the project is doing. You may have already received an e-mail concerning Waterside's application to the City of Gresham. If not, be assured, as we receive Waterside updates they will be forwarded to you via email and by checking our website at www.wilkeeastna.org. As always, we'll keep you in the loop via email of all Pre-App meetings for projects old & new.

Home businesses

There's been considerable activity in code issues reports to the City of Gresham NET (Neighborhood Enforcement Team) group. Issues include abandoned cars, cars parked in bike lanes, blocked driveways, graffiti, foliage blocking your line of sight at intersections & side streets, and stolen property. During the last five (5) months several home businesses involving automobile repair & restoration have been reported because these businesses where using residential streets to park their inventory. We encourage you to use this department to report your concerns. You may phone the NET group at 503 618 2866. They will contact the owner as well as inspect the property in question to rectify the issue(s). Including a photo is very helpful.

Use [MyGresham](http://www.mygresham.com) online, or download the free phone app for Android or iPhone at greshamoregon.gov/mygresham/. The "MyGresham" app is every bit as effective as a phone call.

Mark your calendar

Monday 28th of March 7PM Public Meeting, (please note the location) Albertina-Kerr Campus, 722 NE 162nd Ave, Building "C1". The small building is located behind the Chapel and can be easily reached from NE 165th. There's plenty of onsite parking. We'll have volunteers & signs to assist you in locating the meeting place.

Agenda: Friends of the Children (NE 172nd Av); Reynolds School Board (speaker TBA); Friday/Saturday Night Youth Basketball; Neighborhood news and updates; MultCo Commissioner District 4 candidates Amanda Schroeder & Lori Stegmann. Come & meet the candidates!

Next meeting

Monday, August 22nd 7PM Public Meeting Abertina-Kerr Campus.

We hope you've noticed our Alerts in your inbox about everything from thefts to missing pets. Signup at info@wilkeeastna.org

We have many loyal volunteers; involvement is needed & appreciated. Please consider lending your talents & skills to your neighborhood association.

We never want to lose sight of our goal of a "better community."

See you around the neighborhood!

Your Friend & Neighbor,

Kristen Freiermuth

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We need volunteers for: Painting sheds in community garden; Painting restroom; Installing shelves & hangers in sheds for tools; Sweeping picnic shelter; Weeding planted beds; Fixing compost bins in community garden; Data entry for future newsletter; Scheduled cleanups; Registering volunteers at events; Filling dog stations with plastic bags from home. We need funds for: Wheelbarrows (could be used); Paper for printing flyers, etc; Providing food for events (cookies, fruit, cups, napkins); Binoculars for bird walks; Educational material like skulls, animal skins, etc; Interpretive signage; Tools & gloves for park cleanups; Megaphones (2) for festival, cleanups & other events.

All contributions are tax deductible made out to [Columbia Slough Watershed Council](http://www.columbiasloughwatershedcouncil.org) with Nadaka on the "For" line or designated when making online contributions on our website www.friendsofnadaka.org. Columbia Slough is our fiscal agent for funds. Checks can be mailed to Columbia Slough Watershed Council, 7040 NE 47th Ave., Portland, OR 97218.

If you want more information about any of the above contact Monica McAllister, Nadaka Coordinator 503-956-8558 or monica@friendsofnadaka.org. Join Friends of Nadaka group on [Facebook](https://www.facebook.com/friendsofnadaka) and check our the website for upcoming events at Nadaka.

It is definitely going to take our entire community to continue to keep Nadaka an inviting place for families with programs for children and a place to grow food. ■

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Meet The Candidates!

Multnomah County Commissioner District 4 (East County)

Join us Monday March 28th 7PM as these candidates discuss their unique qualifications for this job



Lori Stegmann

Lori Stegmann is currently serving her second term on the Gresham City Council. Prior to that she served on the Planning Commission. She has been an activist and community volunteer for over a decade. She is a proud member of Soroptimist International of Gresham, a service organization committed to improving the lives of women and girls through programs leading to social and economic empowerment. And is well

known for their annual community and fundraising event - the Teddy Bear Parade held in downtown Gresham. Lori co-founded the Rockwood Business Coalition and is a member of the Gresham Area Chamber of Commerce.

Councilor Stegmann was born in Seoul Korea and abandoned by her birth parents. She immigrated to the US when she was adopted as an infant. She grew up in the Rockwood neighborhood and graduated from Parkrose High School. She put herself through college while working and graduated from Mt Hood Community College and Portland State University with her degree in business. She has always been grateful for the opportunities she received through great American institutions like free public education.

She has been a small business owner in the Rockwood neighborhood for the last 22 years, providing support and caring for the local community through her Farmers Insurance Agency.

She is also a candidate for Multnomah County Commission, District 4 where she hopes to bring her passion for addressing social issues combined with her business acumen to serve East County residents.

Lori's journey, from being saved as an orphan to her public service as an elected official, has shaped her desire to serve and represent our community. She is active on the Gresham Homeless Action Team and is working diligently with government entities, non-profits, neighborhood associations, and the faith-based community to collectively work together to find meaningful solutions to homelessness. ■



Amanda Schroeder

I served as an American Federation of Government Employees (AFGE) Local 2157 union steward at the Portland VA Regional Office, from July 2008 then as the 2nd Vice President from February 2009 to 2013, and am currently President of the Local. I am currently serving my second term as National Women's Advisory Coordinator for AFGE's Eleventh District, which includes Alaska, Colorado, Idaho, Montana, Oregon,

Utah, Washington, Utah, Okinawa, and Guam. As the National Women's Advisory Coordinator for the Eleventh District, I also serve as a member of AFGE's National Human Rights Committee.

As the National Women's Advisory Coordinator, I testified on behalf of AFGE in favor of Oregon House Bill 4077, "The Healthy Teen Relationship Act," a bipartisan bill co-sponsored by Representative Jules Bailey and Representative Matt Wand. Governor John Kitzhaber signed this bill into law in March 2012. I also deployed members to speak in support of House Bill 3479, creating a Women Veterans Coordinator, and applauded the passing of Senate Bill 946, creating the position of LGBT Veterans Coordinator.

I served as the State Lead Organizer for the "Unite Against the War on Women" rally that was held in April 2012, a grassroots movement whose mission is to protect and advance women's rights at all levels and across our lifespan. Priority areas include women's reproductive rights; women's economic equality and workers' rights; protecting women and children from violence & abuse; voting rights; and women's wellness, health and safety.

I was awarded the Elsie Schrader Outstanding Achievement in Labor on August 7, 2012 at the Washington State AFL-CIO 2012 Convention, an award recognizing advancement of women into leadership roles and activism on behalf of women within the labor movement. ■

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If our next "subduction zone" quake unleashes its full potential, it will be the worst natural disaster in U.S. history. But there are crucial steps we can take as individuals. Preparation may mean the difference between finding your loved ones or not; between sleeping inside your mildly damaged house or on a cot in a refugee center; between going hungry and thirsty for days or managing until supplies arrive. And, between living and dying.

As soon as you feel the shaking:

- **DROP** down onto your hands and knees before the quake knocks you down.
- **COVER** your head and neck with your arms to protect yourself from falling debris or get under a desk or table.
- **HOLD ON** to any sturdy covering so you can move with it until the shaking stops.

When the shaking stops get outside away from buildings.

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PREPARED (continued)

How will we get around?

By foot, bike, and boat, mostly. People will be stuck where they are for quite some time. Prepare to bond with the people you're with - whoever they are - or get walking. Get some bikes. Fuel will be tight for days, even months, so keep your vehicle filled.

What will we drink?

Your faucets (and toilets) will be dry for weeks, maybe months. The Bull Run dams are expected to survive, but many water mains are brittle cast iron. Reservoirs will crack; treatment facilities and pump stations will fail. For the first few weeks, water will have to be pumped, purified, and trucked.

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Did You Know? You can [make water safe](#) with 16 drops of unscented liquid bleach per gallon on water. Wait 30 minutes.

PO Box 536 • Fairview, OR 97024

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Welcome Back Vulture Day is a free community event also taking place Saturday, March 19th 12-3pm at Nadaka and [St. Aidan's Episcopal Church](#) 17405 NE Glisan St. Portland, OR 97230. **Welcome Back Vulture Day** is filled with fun and educational activities. Meet Ruby, Portland Audubon's Turkey

Vulture, up close (along with many of Audubon's other education birds). Compare your "wingspan" to that of a California condor. Make a craft and a vulture mask. Play "Upchuck Chuck!" and discover why vultures are important.

Parents and children ages 2 to 5 are invited to enjoy a short story, craft, and guided nature hike at Nadaka Nature Park's *Tadpole Tales!* This event will take place rain or shine, so pull on those boots and join us the 1st Thursday of each month at 10 am starting May 5th! There is a \$3 suggested donation per child, no charge for adults. Meet at the picnic structure. Register here: <https://nadakatadpoletales.eventbrite.com> or call 503-956-8558.

Friends of Nadaka will be accepting applications for Nadaka Ambassador Positions later this spring. Nadaka Ambassadors will create positive social and environmental change in their community while developing their own skills and gaining work experience. Be sure to check our website for the application information and the opportunity to join the committee for the Nadaka Fundraiser happening Saturday June 18th!

Curious about what happened over winter at Nadaka? *Friends of Nadaka* partnered with *Audubon Society of Portland* to host two bird walks, a Winter Bird Count, and Urban Coyote Talk. We also hosted our first [Naturescaping Workshop](#) with [EMSWCD](#) and the City of Gresham. Volunteers lent a hand for No Ivy Day, SOLVE Beach and Riverside Cleanup, Nadaka MLK Day of Service, and the Community Planting Event. Nadaka is also hosting our first [Seed to Supper](#) gardening workshop series from February 25-April 7th on Thursdays 6-8pm.

For Nadaka updates and more information visit www.friendsofnadaka.org, "Friends of Nadaka" on [Facebook](#), or wilkeseastna.org. If you are interested in volunteering, becoming a park ambassador, or providing environmental education to your school, please contact Monica at monica@friendsofnadaka.org or call at 503-956-8558. Help us fulfill our mission to *nurture nature, food, and families in West Gresham*. We look forward to seeing everyone at the park! ■

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Where will we poo?

The Portland group [Public Hygiene Lets Us Stay Human](#) (phlush.org) has an [emergency "two bucket" toilet system](#) to maintain hygiene, like those used in New Zealand after the 2011 quake. It's safe and manageable. And, you can store your other emergency supplies inside the buckets until needed.

What will we eat?

The quake will shake the whole Northwest, from British Columbia to California. Grocery and "big-box" stores are likely to suffer severe damage. Bridges, highways, and railroad lines may not be passable. Create an inventory of several weeks of non-perishable food. Stock up now.

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PREPARED (continued)

Make a plan

First make a plan for your family, taking into account different scenarios, such as if the quake were to strike during the work or school day. Establish a meeting point if family members are away from home. Plan how you will communicate with family members (text messages may be best). Secure items that might fall and cause injuries (ie. TV's, bookshelves, mirrors, pictures, cabinets, light fixtures, water heaters). Practice *DROP, COVER, and HOLD ON*. Store critical supplies and documents. Download this free [Map Your Neighborhood](#) kit, and print these American Red Cross [Emergency Contact Cards](#) for each household member.

Build a kit

Don't think that your kit must immediately be perfect. Many of the items you need are probably lying around the house. You can add to the kit as time and money allow. Download this free brochure that shows you how to [assemble a robust emergency kit in 12-weeks](#) purchasing or collecting a few items each week. Store everything inside plastic buckets and tote bins with lids.

Find a good place to keep your kit. A garden shed or garage makes a great choice over storing your kit in an inside closet.

Download this handy [DIY pocket first-aid kit](#) and these four disaster kit supply lists to help get you started:

- [HOME KIT](#)
- [CAR KIT](#)
- [WORK KIT](#)
- [KIDS BACK PACK KIT](#).

Full Story at: www.wilkeseastna.org/node/2120. ■



Earth Day Recycling Event
Sat Apr 23, 2016 9AM-2PM
 Gresham City Hall
 Parking Lot
 1333 NW Eastman Pkwy

Accepting small electronic, Rigid plastic, Plastic bags, Styrofoam, Paper only shredding, Fluorescent.

Save the Date!

Wilkes East Neighborhood Spring Meeting
Monday, March 28, 7-9PM

Albertina Kerr • 722 NE 162nd Av
 Building "C1" (small bldg, center north)

- Friends of the Children (NE 172nd Av)
- Reynolds School Board
- Multnomah County Commissioner District 4 candidates
- Friday/Saturday Night Youth Basketball
- Neighborhood news & update

See you there!


Have You Signed Up?
Nextdoor.com is the neighborhood-centric social network for you, your neighbors and your community. It's the easiest way for you and your neighbors to talk online. And it's free! [Sign-up today!](#)