

September
2017

City of Sandy At Your Service



September is Preparedness Month

The recent hurricanes in Texas and Florida and the fires here in Oregon remind us about the need to be prepared for natural or other disasters. The Oregon Office of Emergency Management (OEM) encourages people to be prepared to be on their own for a minimum of two weeks. This means having an adequate supply of food and water for every member of your household to last for at least 14 days.

OEM's 2 Weeks Ready Facebook page (<https://www.facebook.com/2WeeksReady/>) suggests an activity or item to include in your preparedness kit. Pick up an extra item at the grocery store once or twice a month, check out garage sales or thrift stores for tools and gear. You probably have many 2 Weeks Ready items already, so check around the house before purchasing a new item.

There is no one correct way to put together two weeks' worth of supplies as we all have individual dietary and medical needs. If your family includes children, seniors or pets, you will have additional needs. Everyone's kit will look different but for a basic starting point, see the list of items in the Red Cross Cascade Region's **Prepare!** guide (<http://www.redcross.org/local/oregon/preparedness/resource-guide>). Being prepared to be self-sufficient for two weeks is an achievable goal. Many of the standard preparedness kit items such as flashlights, gloves, hand-crank radios, trash bags and a first-aid kit are already in your 72-hour kit, the important thing is to gather these items now, before you need them.

Check the City's website (www.cityofsandy.com) and Facebook page (<https://www.facebook.com/cityofsandy/>) during the month of September for more preparedness resources.

Fermentation Class

Friday, September 29 at 6:30 pm

Sandy Public Library Community Room

Come join Certified Holistic Nutritionist, Karen Morgan, and Fermenting and Health Enthusiast, Heidi McKay, as they guide you through the steps on how to make delicious and exciting fermented foods in your own home. Learn the basics on how to get started, why these foods are so important for your health, and how to incorporate them into your diet. We will focus on fermented vegetables (like kimchi, sauerkraut and pickles), kombucha, and other fizzy drinks. Susie Jenkins sjenkins@ci.sandy.or.us

Advance Directives for You and Your Family

Friday, October 13 at 2:00 pm Sandy Library Community Room, for more information contact the Library at 503-668-5537

The Trick-or-Treat Trail returns to downtown Sandy on Saturday, October 28th from 1- 4pm. Visit local merchants for sweet treats and a safe trick or treating experience for the kids. Make sure to bring your camera to the event! The UPS Store, Sandy Historical Museum, AntFarm and John L Scott (under the tent at the AntFarm Outdoors) will have some great Halloween backdrops set up for the costume contest! Visit www.facebook.com/trickortreatsandy to find out how to enter. For more information contact the Sandy Area Chamber of Commerce at 503.668.4006



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