

# Tualatin CIO | PRESIDENT'S REPORT

Citizen Involvement Organization

## Give the gift of preparedness this year, and shop locally while you're at it!

BY CATHY HOLLAND, COMMERCIAL CIO PRESIDENT

Your Tualatin Citizen Involvement Organization (CIO) volunteers want you to be aware that the Holiday season is a great time to "Rock the Sock" with handy emergency preparation items for those hard-to-buy-for adult friends and family.

Here are just a few ideas for the gift-giving season. You can find most of these items at our Commercial CIO local retail members including REI, Dicks, Cabela's, Fred Meyer, Safeway, or nearby hardware stores. Try to shop locally, if you can!

- 4 in 1 whistles cost less than \$5. REI's Four Function Whistle, features a loud, pea-less whistle, Fahrenheit/Celsius thermometer, magnifying lens, and compass with glow-in-dark dial. Check out Dicks, Cabela's or other outdoor/sports stores for other similar models.
- Mylar Blankets (aka Space Blanket) are a must. Home Depot has nice survival blankets for \$2 and REI has a Space Emergency Blanket for \$4. REI also has a handy Space Bag for \$10. You can also find them at Dick's in sets of 10 and 20 for very reasonable prices.
- You'll also find at those same stores packs of two glow-sticks costs less than \$2 and everyone should carry them in their car and in their home emergency.
- Waterproof matches can save your life. Get a 10 Pack for around \$5 at REI, Cabela's, or Fred Meyer. Or make your own using online tips.
- This time of year is a great time to stock up on tea lights and they make a great stocking stuffer. Watch for sales at Fred Meyer!
- Most people don't have a large stock of drinking water. Help them by giving them a REI LifeStraw Personal Water Filter. It is easy to use and the price is under \$20.

If you want to spend a little more, how about:

- A Swiss Army Pocket Knife/Leatherman/Gerber – You can find them everywhere and absolutely no one should be without one. Prices range from \$20 up depending on the brand and features.
- A Battery-powered or hand-crank radio and NOAA Weather Radio with tone alert.
- A quality flashlight and with extra batteries.
- A Solar-powered cell phone charger.
- Smoke detectors and/or carbon monoxide detectors.
- A First aid kit.
- A Fire extinguisher (for home or auto/vehicle/emergency kit).
- A One-time-use escape ladder.

These gifts and others with a preparedness focus can save a life or at least reduce

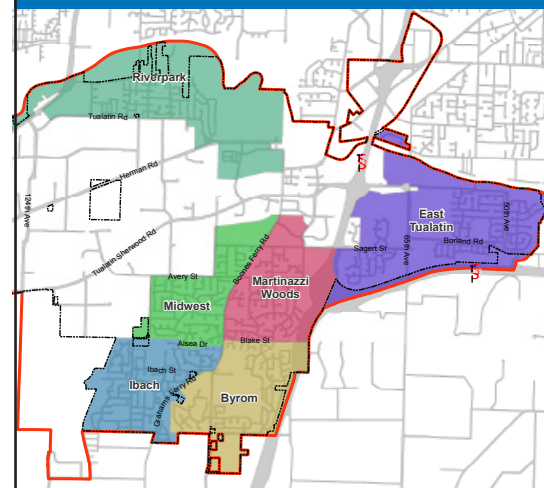


suffering. What a terrific way to show you care! If you want to learn more, email [Tualatincommercialcio@gmail.com](mailto:Tualatincommercialcio@gmail.com).



**Cathy Holland** is a retired businesswoman and a 25-year resident of Tualatin. She is also a member of board of directors of the Tualatin Community Police Foundation.

### Citizen Involvement Organizations (CIOs)



<span style="display:inline-block; width:15px; height:15px; background-color:#d4c08c;"></span>	<b>Byrom CIO</b> President: Willie Fisher (willie.fisher@gmail.com)
<span style="display:inline-block; width:15px; height:15px; background-color:#6a3d9a;"></span>	<b>East Tualatin CIO</b> President: Charlie Benson (Charlie5915@hotmail.com)
<span style="display:inline-block; width:15px; height:15px; background-color:#4f81bd;"></span>	<b>Ibach CIO</b> President: Rachel Martin (shamusluv@yahoo.com)
<span style="display:inline-block; width:15px; height:15px; background-color:#e64a5a;"></span>	<b>Martinazzi Woods CIO</b> President: Carmen Madrid (carmenmadrid@gmail.com)
<span style="display:inline-block; width:15px; height:15px; background-color:#90ee90;"></span>	<b>Midwest CIO</b> President: Jackie Pride (jrpride@frontier.com)
<span style="display:inline-block; width:15px; height:15px; background-color:#90ee90;"></span>	<b>Riverpark CIO</b> President: Ted Saedi (ataesaedi@hotmail.com)
	<b>Commercial CIO (See Note Below)</b> President: Cathy Holland (tualatincommercialcio@gmail.com)

--- City Boundary

--- Planning Area Boundary

*For businesses, Tualatin has both a Commercial and Industrial CIO covering the entire city. Inclusion in these CIO's is determined by business type rather than geographic location.*