



### WHOLE LOTTA SHAKIN GOING ON-----

Well hopefully today finds you a little less rattled than yesterday. Thankfully we were spared a lot of damage and injuries, looks like clark took the brunt of the damage. Again, folks begin to think after things happen what they should have done before the fit hits the shan. How many have forgotten the lessons and training we got while in school, duck cover roll. If a earthquake hits get under a sturdy object and protect yourself. Don't run for the nearest exit. Most injuries in an earthquake occur from people being hit by shattering glass and falling bricks, not to mention those who get trampled in a crowd, (that happened at both malls yesterday). Its a good time to rethink our preparedness for what inevitably will happen here, we do have earthquakes. The Philippines is the 2d most disaster prone country in the world, only surpassed by (You'd never guess) the good ole U S A. Because of the financial conditions here the response and preparation is way below what we hope it would be, so you gotta protect yourself. One of the best ways is to be informed and be prepared to bug out if needed. being informed is important, would you rent a house in a known flood plain? Think you would say no, but everyday we see vets doing exactly that. One of the most important things you can do is be ready to go, as in having a to go bag. You spent how many years in the service and think about it, you always had a to go bag, whether it was a knapsack, or sea bag you had one.

below is an example provide by NDRRMC of a to go bag contents, we would add or emphasize a couple of the most important and versatile items in the bag should be large plastic bags and duck tape. Trash bags can serve as many things, waterproofing, shelter, clothing, dry storage, rope, on and on, and duck tape is just as important to hold it all together. Another important item many overlook is to make contact with family in the U S to tell them you're ok. The Embassy gets lots of calls about vets conditions when calamities happen, that could have been handled before they occurred by the vet notifying family previously.



RAO CLOSURE- 1MAY, MAY DAY, Mail will be Thursday 2 May.

Looks like road widening is gonna make in and out of RAO a little challenging, we will do our best to make it safe as possible, but please be careful coming in and out.

No Word yet on Embassy visit, will publish soon as known.