



Tip of the Term

Summer is officially here and it's time to hit the beach!! Did you know the midsummer surface water temperature of Lake Washington is ~70°F? However, 5 to 6 feet below the surface the water temperature stays in the 50's year round.

Cold water can make your blood vessels constrict rapidly which can lead to severe muscle cramps. If you're swimming in the lake, swim with a friend and let them know if you're getting tired. Muscle cramps can be very difficult to manage alone in the water, even for strong swimmers. Shivering can also be an early symptom of hypothermia, so get out of the water if you start feeling chilly on a hot day. [Learn more about staying safe during extreme heat.](#)

A Message from OEM

The City of Kirkland Office of Emergency Management (OEM) is excited to launch an [updated website](#) and newsletter! This is the best way to keep updated and informed on disaster-related trainings and events in Kirkland. [Learn more about OEM.](#)



CERT Corner

Check out the new [Kirkland CERT website!](#) If you haven't taken CERT, grab a friend and save the date for the Fall CERT class, Tuesdays from 6:00 - 9:00 p.m., September 17 - October 29, with the final drill on Saturday, November 2. Registration is opening soon.

If you have completed CERT, consider volunteering to help with a class or the drill. [Contact OEM](#) for more information. And be sure to save the date for the CERT rodeo on Saturday, August 24!



KECT Broadcast

Interested in learning more about ham radio? The Kirkland Emergency Communications Team (KECT) has monthly meetings and weekly nets. [Learn more.](#)



Neighborhood Notes

The Kirkland [Map Your Neighborhood](#) program now has 36 mapped neighborhoods! Huge shoutout to Frank Poulson and Dawn Grant, the newest MYN Facilitators.

Want to help your neighborhood get prepared? [Learn to be a MYN facilitator!](#)

Upcoming Events

Earthquake "Proof" Your Home

Is your home ready for the big one? Learn practical, affordable steps to help protect your household in an earthquake.

Date: Tuesday, July 21

Time: 6:00 - 7:00 p.m.

Location: Kirkland City Hall

[Sign up online.](#)

Can You Hear Me Now?

Communicating During An Emergency

The power's out, there's no cell service, and you're fresh out of homing pigeons. Do you know how to communicate during a disaster?

Date: Tuesday, August 13

Time: 6:00 - 7:00 p.m.

Location: Kirkland City Hall

[Sign up online.](#)

CERT Rodeo



Save the Date for the inaugural [Kirkland CERT Rodeo!](#) Saturday, August 24 from 9:00 a.m. to noonish.

CERT trained Kirkland residents are invited to come refresh, practice, and compete in CERT skills. It's sure to be a hootin' and hollerin' good time! More info coming soon.

[See all upcoming events.](#)

Quote of the Quarter

"Hope is not an operational strategy."

-King County SWAT

Contact Us

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