



CAMANO PREPAREDNESS GROUP

January 2021 NEWSLETTER



Monthly Meetings: Every Second Thursday 7-9pm

***Currently held on Zoom.

Preparing for Winter Storms Tips from the Red Cross

Preparing early is always the best advice, as it allows for thoughtful measures rather than plans made in a rush or a panic. Having said that, the fact is that many of us tend to be procrastinators. Winter storm watches, thankfully provide us with at least some few last minutes of opportunity to get our ducks in a row. Whichever category we fall under – planning ahead or procrastinating - we all need to know what measures should be taken. So, here are some tips from the Red Cross.

- If you have children, talk with them about what the storm watch or warning means and what they might expect, should the storm materialize.
- Decrease your risk of becoming stranded by winterizing your vehicle and then by staying off the roads until the severe weather passes.
- Bring your pets indoors and make sure you have an extra supply of items like cat litter as well as pet food.
- Horses and livestock need a place to shelter that will remain dry, even when the snow melts and creates the potential for flooding.
- Protect your pipes with insulation and covers for outside faucets.
- Make sure your home is sufficiently winterized and that your furnace is in good working order.
- If your budget permits, purchase emergency heating supplies – appropriate fuel for your fireplace or wood/pellet stove or appropriate fuel for a generator.
- During a winter storm watch or warning, listen to local radio/tv stations or to NOAA radio.
- Have an evacuation plan in the event such becomes necessary.
- Check your emergency and first aid kits and replenish any missing items or those that may be in short supply.
- Remain indoors during the storm.

- Eat regularly and stay hydrated.
- If you must go outside, wear layered clothing. Outer garments should be water repellent. Keep your head and hands covered.
- Stretch to warm up and loosen muscles before going out to shovel snow.
- Avoid over exertion.
- Review proper treatment for hypothermia.
- Use great caution when walking in mud or on snow and ice.
- If you must travel to work, use public transportation wherever possible.

CPG Meetings for January

Regular board meetings are held on the first Tuesday of each month. You are welcome to attend. Contact Rhonda Paulson rspaulson.rp@gmail.com for meeting ID and passcode.

General meetings are held on the second Thursday of each month. All meetings are currently being held via Zoom.

For January's meeting on the 14th, we will welcome a special guest who will present some fun thinking outside of the box home projects for providing heat and light. Join us and discover how you can make use of items in your home.

Following is the invitation to join the CPG's regular general meetings.

Join Zoom Meeting
Meeting ID: 969 4562 8910
Passcode: CPG

To join via phone call, dial:
+1 253 215 8782

Meeting ID: 969 4562 8910
Passcode: 576524





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Planning Ahead for January

An ongoing look at spreading the cost of preparedness over the year, and at other measures you can take to prepare for an emergency/disaster.

Items to Locate or Purchase:

Camp stove or BBQ	
Extra pet food	Bottled water
Heavy hemp or cotton rope	Duct tape
2 flashlights	Extra batteries
Matches in waterproof container	
Or	
Purchase a FEMA or Red Cross approved Disaster Kit.	

Actions to Take:

Renew or sign up for First Aid/CPR class
Keep a leash or pet carrier in an easy to access location in case you need to evacuate.
Make sure your pets have ID tags and that they have microchips.

Useful Websites

CPG – www.camanopreparednessgroup.org
CPG Facebook – www.facebook.com/CamanoPreparednessGroup
FEMA – <https://training.fema.gov>
CIFR – www.camanofire.com
ICDEM (Island County Dep't. of Emergency Management) – www.islandcountywa.gov/DEM/Pages/Home.aspx
Earthquake Country Alliance – www.earthquakecountry.org/prepare/

Map Your Neighborhood –

<https://rtcil.drupal.ku.edu/sites/rtcil.drupal.ku.edu/files/images/galleries/MapYourNeighborhood.pdf>

Stanwood Camano Amateur Radio Club –

www.scarc.org

Robert Mitchell, MD, FACOG – Disaster Medicine

Project – www.omfcares.com

Rhonda Paulson, President, Camano Map Your

Neighborhood Coordinator – rspaulson.rp@gmail.com

Sue Ryan, VP, Program Director –

kk6sue@gmail.com

Bill Swander, Board member –

bswander44@gmail.com

***The Camano Preparedness Group is a non-profit 501-C3 organization working to help Camano residents develop the skills necessary to make it safely through whatever major events we may encounter. We provide programs at monthly meetings, presentations for neighborhoods and local groups, and make available a wealth of materials at community events
**Tax deductible donations welcome and can be sent to CPG, P.O. Box 1325, Stanwood, WA 98292. You can also designate us as your choice for donations through Amazon Smile.

Preparedness – A Positive State of Mind!!!!!!





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SPECIAL FEATURE:

Below is an offering from Grandma, who recently experienced a...uh...slight mishap



When Grandma Gets Run Over By The Reindeer:

(A New Wrinkle in Preparedness)

Life is a great, unpredictable adventure. One never knows precisely for what we might need to prepare, as Grandma recently discovered. It was a pleasant enough walk down the rolling hillside road with faithful doggie in tow. Naturally, the steepest part was the approach to Grandma's destination – the mailbox to collect some eagerly anticipated Christmas cards. Perhaps those reindeer were on a practice run for Christmas Eve. Or perhaps they were secretly street racing behind Santa's back. Whatever they were up to, Grandma failed

to see them coming. Their hit bowled Grandma over -splat in the mud and breaking her wrist on landing. Not that Grandma initially recognized the damage, the pain being a minor thing, really. Rather, it was the mud from toes to nose that had her attention. That and the worry over where her doggie might be, given that she no longer held the leash in hand.

Doggie was good, though, standing patiently by as Grandma collected her seriously muddied and injured dignity, retrieved her mail, and hiked the half mile back home, doggie trotting at her side. Once home, as she peeled out of mud-caked apparel, she finally took stock of the ache in her hand, the swelling, and the thumb that was turning black, and asked of Grandpa, "Could you please find your shoes and deliver me to the walk-in clinic?"

To which he responded in a 'now what have you done' tone, "What did you do?"

"It was those pesky reindeer," she replied. Santa needs to keep them from roaming and knocking defenseless grannies on their keesters."

So, off they went and returned home with Grandma bound and wrapped from above her elbow to her fingers. Of course, you know, it would be her right wrist to break, her being a righty and all. Thus, she came by the following advice for other



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grannies and grandpas who may find themselves the victims of reindeer road infractions.

Always Prepare for Whatever Life Tosses Your way!

1. Learn to use your non-dominant hand for writing for anything you may need to sign lest your signature look like a doctor's illegibly scribbled prescription.
2. Practice typing with just your non-dominant hand so you can continue texting, sending emails, and recording your memoirs without it requiring an hour to complete a single paragraph.
**Hint: Some computers and phones offer audible-to-text capability, however half of the instructions for making it work make no sense and the other half require punching multiples keys at once. (Honestly! If one has such a capacity, one probably does not need audible-to-text.) Given such obstacles, one should set up this function when two working hands are available.
3. Keep a supply of long pants with elasticized waist bands, as you can forget wearing jeans. You will never get them fastened.
4. Purchase a few shirts with wide sleeves to accommodate the bulk of a

cast unless you wish to slash the sleeves of some shirts.

**Hint: Non-dominant hand use of scissors or a seam ripper can be hazardous to one's health!

5. Have a coat with buttons or snaps. The only way to get a zippered coat closed without a little help from a friend is to leave it partially zipped and step into it. This, however, invites the potential for tripping, which is not advisable. And if the coat is long, you may still not be able to pull the zipper up.
6. Practice strengthening your non-dominant hand and learn to finesse its tension to avoid squirting shampoo all over the shower or toothpaste all over the bathroom counter and mirror.
**Hint: Pour a little shampoo into a non-breakable bowl before getting into the shower and save yourself the exasperation.
7. Practice opening medicine bottles with your non-dominant hand while anchoring them between your torso and your heavily padded dominant arm. (The padding simulates the cast.)
**Hint: The caps turn counter to what you expect from a non-dominant hand perspective. Also, avoid getting over exuberant with opening them in order to prevent crawling around on the floor to play million pill pick up.



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8. Remember when you were a parent playing 'here comes the airplane' to get your baby to eat? Practice the technique on yourself with your non-dominant hand. Extend the arm and angle your wrist to aim the spoon/fork straight at your mouth.

****Hint:** Using a fork and spoon is difficult enough. Stirring anything is a major challenge. Knives are impossible. Even with lots of practice with forks and spoons you may still need to wear a bib. Be sure to keep one stored for the eventuality of this necessity.

9. Keep a supply of your favorite alcoholic beverage available to help sooth away all the frustration of the messes you will make.
****Hint:** Try to find your beverage of choice in easy-to-open containers.
10. If you should become a victim of those reindeer and people offer to bring you meals, ask for simple foods that do not require utensils.
11. Keep your spouse/significant other happy. You never know when you may need their assistance as you discover all the things that are impossible to accomplish with one hand.
12. Avoid being run over by those reindeer!!!!

