



CAMANO PREPAREDNESS GROUP

February 2022 NEWSLETTER

Monthly Meetings: Every Second Thursday 7-9 pm



Baby, It's Cold Outside!

Much as we might wish it to be otherwise, winter will continue to have a grip on us for several more weeks. And predictions are for more wind and potentially more lowland snows. Time for a recheck of your winter safety and preparedness measures. Keep your vehicle stocked with extra coats and blankets, water, and snacks. Carry a supply of your meds with you. You never know when you might become stranded in bad conditions. Make sure your vehicle is running properly and is capable of safely maneuvering on snow covered or icy roads. Staying home in icy conditions is best.

Check your home supplies. Restock your pantry with sufficient food (including pet food) and water to get you through prolonged power outages caused by winter storms. Having a sufficient supply of medications on hand can be problematic. Many medications can only be filled for a month at a time. If you know a storm is coming and you may run out, check with your pharmacy to see if an emergency supply can be provided.

Pay attention to the weather watches and warnings and, if possible, stay home. For those all-too-frequent power outages, have a battery operated or hand crank radio on hand and listen to weather updates.

If you must be outside, wear layers of clothing and limit your time in the elements. Know how to recognize and treat signs of frostbite and hypothermia.

Check your fuel supply for your generator. If you use a woodstove or fireplace, have a sufficient supply of wood or pellets on hand. Digging wet firewood out from under several inches of snow is not only not fun, the effort can also pose a risk to your health – not to mention the fact that wet wood does not burn well.

If you know high winds are forecast, secure outdoor furniture, trash cans, grills, toys, potted plants, and any other loose items that may be found in the yard.

Know your neighbors!!! Learn who may be home alone or who may be particularly vulnerable. Check on them regularly with a phone call, text,

email, or video chat. If they cannot be reached via any of these methods, knock on their door to make sure they are alright.

Stay warm and stay safe!

Meetings

The February CPG board meeting will be held via Zoom at 1 pm on February 1st. If you are interested in attending, contact Rhonda Paulson for information.

We will once again be attempting to hold our next general meeting (February 10th) at the Camano Community Center (606 Arrowhead Rd, Camano Island). Assuming we are able to do so, the meeting will be from 1-3 pm. Masks are required. The program will be a discussion of the effects of ground movement on structures. If, as has previously happened, we are forced to return a Zoom meeting, the date will remain the same, but the time will be 7-9 pm. We will do our best to notify you of the change. Information for the Zoom meeting, should it be needed is:

Join Zoom Meeting

<https://us06web.zoom.us/j/96945628910?pwd=V0xpbXlpeWd4RFRYbHVlRS9Jbk5QT09>

Meeting ID: 969 4562 8910

Passcode: CPG

One tap mobile

+12532158782,,96945628910#,,,*576524#

US (Tacoma)

Dial by your location

+1 253 215 8782 US (Tacoma)

Meeting ID: 969 4562 8910

Passcode: 576524

Planning Ahead for February

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:

Compass

Local map
Toothpaste and toothbrush
Denture products
Liquid soap
Cleansing wipes

Actions to Take:

Verify that your out-of-area/state emergency contact information is up to date. Share any changes with all family and friends who may wish to check on your well-being.

Collect and store favorite herbs and seasonings in small packets. Date all perishables. Remove expired items.

Hold neighborhood disaster exercises. Imagine the following scenarios:

A major storm has made roads impassable and knocked out power, likely for several days.

A major earthquake has hit the area. Roads are gone and power and phone lines are knocked out. First responders may not be able to get to your neighborhood for days. Outside assistance with food and water may take even longer.

What items will you need as a household and as a neighborhood for each of these scenarios? What neighbors may need assistance? How can you best help them?

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) –

<https://www.islandcountywa.gov/DEM/Pages/Home.aspx>

Earthquake Country Alliance –

www.earthquakecountry.org/prepare/

Map Your Neighborhood –

<https://mil.wa.gov/map-your-neighborhood>

[MapYourNeighborhood_booklet.pdf \(ncna.info\)](#)

Stanwood Camano Amateur Radio

Club – www.scarcwa.org

Robert Mitchell, MD, FACOG – Disaster

Medicine Project –

<https://www.facebook.com/DisasterMedicineProject>

US Coast Guard – <https://uscgboating.org/mobile/>

How to make a Crisco Emergency Light -

<https://youtu.be/xnNHM4OLkvE>

Disability Related Preparedness Resources –

<https://www.ready.gov/disability>

<https://www.redcross.org/prepare/location/home-family/disabilities>

<https://www.wasilc.org/coalition-on-inclusive-emergency-planning>

CPG Contacts:

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Bill Swander, Board member –

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***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 or can be made through our FaceBook page. You can also designate us as your choice for donations through Amazon Smile.

Preparedness is a State of Mind.

