



CAMANO PREPAREDNESS GROUP

March 2022 NEWSLETTER

Monthly Meetings: Every Second Thursday



Preparing Kids

One of the major issues we must consider as we prepare for emergencies/disasters is how to prepare our children. Knowing what to expect in difficult situations and what steps they need to take can go a long way toward helping to minimize the trauma and keeping our youngsters calm. Here are a few tips:

Make sure they have an out-of-area contact with that person's name and contact information in their backpack and make sure they know which pocket it is in. This should be someone they can contact if you cannot be reached. Make sure the school knows this person is cleared to pick up your child if you cannot do so. Also, keep an extra bottle of water and perhaps an extra snack in their pack.

Volunteers in the Stanwood School District have been working diligently on preparedness measures. If you do not know what measures may be in place, check with your child's teacher. Know the school's policy for evacuation and where the evacuation site is located. Work with your children to establish a family communication plan. For instance, teach your children that texting is far more likely to get through than a phone call. If the child is being picked up by your designated contact, have them let you know they are safely with that person.

On the home front, establish a location outside of your home for your family to meet, should some members of the family become separated from you as they leave the house. Be specific. Saying you will meet in the yard could lead some to head to the back and others to the front. Children need to know exactly where they can expect to find you. Practice drop and cover and practice evacuating to your predetermined meeting location.

Help your children create their own disaster kit. It can include some of the same items as your family kit, for instance a flashlight, glow sticks, bottles of water, a blanket. It can also include a favorite book or two, cards or other compact game, or a puzzle. Let them help you determine what your family will need if you are isolated when the electricity, heat, and phones are out for a prolonged

time. Treating the situation as a camping adventure and including activities they enjoy can also help ease some of their fears and help keep them calm.

The Island County Department of Emergency Management has tips for preparing children along with a short video clip. Go to their site and click on Kids Corner. Ready.gov/kids is a great site for finding games that can help teach children about disasters. It also has tips for how teens can become active leaders in helping their families.

If your children show signs of ongoing trauma following an incident, do not hesitate to seek counseling for them.

Meetings

The March CPG board meeting will be held on March 1st.

The general meeting will be held on March 10 from 1-3 pm at the Camano Community Center (606 Arrowhead Rd, Camano Island). Masks are required. The program will cover "What's In Your Kit?" and will be presented by Bill Swander. We will do our best to notify you if circumstances force us back to Zoom. Information for the Zoom meeting, should it be needed is:

Join Zoom Meeting

<https://us06web.zoom.us/j/96945628910?pwd=V0xpbXlpeWd4RFRYbHVIRS9Jbkc5QT09>

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

Upcoming Special Event

Mark your calendar for 1-3 pm on Saturday, April 23rd for a double presentation at the Camano

Center. Sue Ryan will offer her Earthquakes & NW Faults program and Bill Swander will offer his Water Purification/Storage program.

Planning Ahead for March

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:

Pencil & Paper	Pliers
3 boxes of Kleenex	Screwdriver
2 rolls paper towels	Wrench
4 rolls toilet tissue	Hammer
Safety pins	Saw

Actions to Take:

Learn about local disaster risks. Understand what the commonality is regarding what you will need for disaster preparation. Know the locations of water and gas meters and know how to shut them off. Keep an appropriate weather-protected wrench near the locations. Work with your children/grandchildren to assemble an activity kit for 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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***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.
