



CAMANO PREPAREDNESS GROUP

June 2022 NEWSLETTER

Monthly Meetings: Every Second Thursday 7-9pm

Vista Madrona Fire Station – 273 N. West Camano Dr.



Returning to a Sense of Normalcy



At long last, we seem to be returning to some semblance of normalcy, which has allowed us to begin holding in-person meetings, once more. What a joy it is to actually see everyone face-to-face!

Beginning this month, we are also returning to our home at the Vista Madrona Fire Station for our ----

Meetings

The June CPG board meeting will be held on June 7th from 1-3 pm at the Vista Madrona Station.

The general meeting will be held on June 9th, from 7-9 pm at the Vista Madrona Station. Dawn Metler will be our guest speaker, her topic – Situational Awareness. In these crazy times, it is more important than ever to know who is near you and what is happening around you. This program discusses how to remain aware of your surroundings and how to safely handle situations. It is an eye-opening program that provides a lot to consider with options for addressing them. Let's all be safe out there!! The public is welcome to attend all our meetings.

Upcoming Events

As we return to more normal operations, our calendar is quickly filling up. The CPG will be participating in this year's National Night Out, both at the Stanwood location (the Amtrack Station

parking lot) and in conjunction with Camano Fire and Rescue's hosting of the event at the Vista Madrona Fire Station. The event is August 2nd, from 6-8 pm.

On September 10, the CPG will present our long-postponed Preparedness and Safety Fair. The event will take place at the Camano Market Place and will include several Preparedness/Safety related booths. Joining us in this venture will be the Camano Island Fire and Rescue. Watch our newsletter for more details!

Also watch our newsletter for details about the return of CERT Basic Training. Camano now has a brand new and dedicated team of trainers who are working hard to prepare for providing this training in October.

Why Do I Need CERT Training?

The foundation for the CPG's education of our Camano residents can be found in two programs. The first is Map Your Neighborhood. We have been informed that FEMA will soon be replacing this program. We will have more information regarding the change when it becomes available to us. The important aspect of the program, and an aspect we intend to retain, is teaching basic preparedness for the individual household; providing information regarding the steps to take to protect yourself and your family in the first critical seconds and minutes following a major disaster; and how to connect and work with your neighbors for the purpose of helping one another. While we all hope that no major disaster strikes in our lifetime, the fact is, it will strike at some point. And when it does, our limited first responders will be overwhelmed. We will have to act as our own first responders in those first long minutes and hours, and perhaps days, before the professional responders can make their way to us.

This is where CERT Basic Training comes in. The course runs from 6-9:30 pm on a Friday, and from 9 am to 6 pm on Saturday and Sunday. The material covers a brief history of CERT, basic disaster preparedness, organizational structure,

head-to-toe injury assessments, first aid, light search and rescue, disaster psychology, and fire safety and suppression. Yes, that is a lot of information to impart! We hope to make it fun as well as educational. So, please keep your October calendar open and seriously consider joining us. You never know when you just might be someone's first responder.

Planning Ahead for June

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:

Matches in waterproof container
Camping utility knife
Heavy hemp or cotton rope
Camp stove
Hand warmers
Duct tape
Deck of cards
Books
Puzzles

Actions to Take:

Assemble an activity kit for yourself.
Establish/review a family meeting place. Store extra jackets, blankets, water, and snacks in the car for any road trip. Weather and road conditions can turn ugly, and cars can develop issues in any season. Collect items for two small sewing kits – one for your home disaster supplies and one for the car. Make sure your vehicle has the proper tools needed for an emergency/disaster.

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.

