



CAMANO PREPAREDNESS GROUP

August 2022 NEWSLETTER

Monthly Meetings: Every Second Thursday 7-9pm

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



Special Request for Donations



With our new CERT Trainers Team going full steam ahead in our preparations for October's Basic CERT Training, we are announcing the need for donations. We have been told that CERT is considered a community program and is therefore not funded by the county or the state. We are most fortunate in that one of our community residents has generously offered to match all donations up to \$500. Your funding will allow us to provide the basic personal protective equipment needed by each student who takes the course and will help us establish a supply of necessary items for ongoing training. If you wish to donate, you can bring your contributions to any CPG meeting or mail them to: CPG; P.O. Box 1325, Stanwood, WA 98282. Just make your checks out to CPG and mark them as designated for CERT. Your donations will be greatly appreciated!

Making Plans

August is upon us, and with it comes plans for back to school for parents and kids, alike. As you make your plans for school shopping, take time to consider other types of plans you should have for your children. If you are a grandparent, please share these suggestions with your sons and daughters for the sake of your grandchildren.

- Know the school or daycare facility's plan for contacting families in the event of an emergency.
- Know if the school/facility has a store of enough food, water, and other supplies, should children be stranded there for any length of time.
- Know if the school/facility is equipped for children and the attending adults to shelter in place.

- Make certain the school/facility knows who to contact in the event of an emergency if you cannot be reached.
- Know their evacuation plans.

As early as possible for your children, teach them the basic information they need to know.

- Their first and last name and the first and last names of their parents.
- Home phone number and address and parents' phone numbers.
- How and when to call 911.
- Who to contact if parents cannot be reached.
- Family meeting places.

Learn how to recognize signs of distress in your children. They may have different, often age related, reactions to disasters. The most common signs of distress are behavior changes and regression. They may also become quite fearful. You can help your children better cope with a disaster by involving them in the planning and then by practicing your emergency plans with them. Let your children help keep the family's emergency kits up to date and mark calendars to note when to check supplies, when to change food and water, and when to replace batteries.

Water Safety

Summer brings out the boaters and the swimmers and, sadly, far too many tragedies. According to the CIFR, on average, they respond to more water rescues each year than cardiac arrests.

Boaters should have:

- A life jacket for everyone on board
- A sounding device (horn or whistle, etc.)
- A white navigation light
- A nighttime visual distress signal (flare, etc.)





Swimmers should:

- Be aware of any bacterial, red tide, or other warnings and avoid those areas
- Be aware of rip currents. These are strong surface water flow returning outward from near the shore.
- Know your limits. Swimming in open water is harder than swimming in a pool.
- Wear a life jacket.
- Check out the online Puget Soundkeeper’s Swim Guide. The guide can be downloaded to your phone.

Meetings

The August board meeting will be on August 2nd from 1-3 pm at the Vista Madrona Fire Station. The August 11th general meeting will be from 7-9 pm at the Vista Madrona Station. All general meetings are open to the public.

CIFR Fire Chief Levon Yengoyan will be our guest speaker for our August 13th meeting and will provide updates regarding future plans for Camano Island Fire & Rescue. This is a good opportunity to talk with Chief Yengoyan and ask questions about the upcoming Levy vote.



Upcoming Events – A Full Calendar!



National Night Out

Last minute reminder: National Night Out will be held on August 2nd from 6-8 pm. The CPG will have a presence at the Stanwood location, (the Amtrak parking lot) and at the Vista Madrona Fire

Station (Station 4) at 273 N. West Camano Dr. The Mabana Flames will have a presence at the Mabana Fire Station (Station 5) at 3211 S. Camano Dr. Free hot dogs will be served at all locations. Camano Fire and Rescue will be giving away free children’s bicycle helmets to the first twenty-five kids to arrive at each of the two Camano fire stations.

Stop the Bleed

Dr. Robert Mitchell, MD, FACOG from the Disaster Medicine Project will provide another Stop the Bleed class for us on August 20th from 1-4 pm at the Camano Library. Seconds count when someone has suffered an injury that causes major bleeding. Come learn how to stop serious bleeding from large cuts, major lacerations, gunshot wounds, and other critical injuries. Everyone should add this class to their first aid/CPR training. You will be issued a certificate at the end of the session. Class size is limited to 30, so register soon. For more information or to register, send an email to Sue Ryan - kk6sue@gmail.com.

Preparedness & Safety Fair



Mark your calendar for September 10, from 10 am until 4 pm and join the CPG and the CIFR at the Camano Market Place Commons for our Preparedness & Safety Fair. The event will include informational/vendors’ booths, displays and demonstrations by our CIFR, as well as three programs at the Camano Library: Preparedness State of Mind; Home Fire Safety – FireWise; and Emergency Communications.

CERT Basic Training

We are amazed and delighted that our October CERT training class is already full. Our next CERT training will be in April. For more information regarding CERT, contact Rhonda Paulson at rspaulson.rp@gmail.com.



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Planning Ahead for August

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:

- 1-2 packages freeze-dried vegetables
- 1-2 packages freeze-dried fruit
- 2 packages freeze-dried meat
- 1 large can of juice
- 1 box high-energy snacks
- Dried fruit and nuts
- Package of favorite spices in a small, sealable bag

Actions to Take:

Make sure all food items are labeled with expiration dates or best used by dates. Store them such that they can be rotated, with older items brought to the front as new ones are purchased. Make an inventory of all supplies. If items are used, be sure to replace or replenish 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:

- Rhonda Paulson, President, Camano Neighborhood Ready Coordinator; CERT Trainer –** rspaulson.rp@gmail.com
 - Sue Ryan, VP, Program Director –** kk6sue@gmail.com
 - Bill Swander, Board member; CERT Trainer –** bswander44@gmail.com
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Preparedness – A state of mind!
