



CAMANO PREPAREDNESS GROUP

December 2022 NEWSLETTER

Monthly Meetings: Every Second Thursday 7-9pm

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



Making Plans: Weather

November certainly reminded us that winter is well on its way. Between the massive windstorm early in the month and the recent dusting of snow, winter preparedness should now be at the top of everyone's mind. The following is compliments of the *Coupeville Neighborhood Emergency Team's Winter Storm Task Force*. Thank you, Catherine Ballay, for allowing us to pull this from your Neighborhood Emergency Team's Newsletter.

The six greatest risks during winter weather
Vehicle accidents * Hypothermia * Frostbite *
Carbon monoxide poisoning * Heart attacks *
Personal injuries (e.g., falls on ice)

Vehicle Readiness

Layered clothing * Hat/gloves/scarves * Cleats for shoes or boots
Hand warmers * Blankets * Shovel to keep snow off exhaust pipe
Ice scraper; snow brush * Water * Snacks (e.g. energy bars/sandwiches)
Check windshield wipers and washer fluid *
Always minimum of ½ tank of gas
Flashlight * Whistle * Cell phone/charger

Home Readiness

Fireplace/wood stove chimneys cleaned * Generator fuel supply in place
Battery-powered lamp * Propane tanks secured, kept outdoors * Exposed pipes covered
Know location of interior water turn-off * Layered clothing * Blankets * Hand warmers
Four days of water for each person/pet in the home * Food that does not require cooking
Battery powered radio * Cell phone * Traction material for walkways * Flashlights



To this list from the Coupeville group, I will add:

Neighborhood Readiness

Know the steps to take in the first seconds and minutes following a major disaster * Know the neighborhood gathering location and care center * Know what resources are available within your neighborhood – equipment, tools, and skills * Be observant and know what to report when you gather * Know who within your neighborhood is most vulnerable and may need to be looked in on right away

Should a major disaster occur during a winter storm, the challenges are greatly increased. The simple act of being knowledgeable regarding risks and being prepared can minimize the level of stress and trauma and save lives.

Consequences

The November windstorm had some big consequences for events planned at that time. A couple of said events were cancelled. However, one of our intrepid, stalwart members, Bill Swander, was able to make it all the way to Sultan to provide his Water presentation to a newly organizing preparedness group, then followed that by taking his presentation to Coupeville a few days later. We are delighted that Bill was able to share his knowledge with other groups in our general area, and grateful for his dedication.

December 2nd (assuming we are not snowed in), we will be presenting a double feature program at the Camano Library from 7-9 pm. The features will include Neighborhood Ready and Disaster Communications.

January 28, 2023 will find us back at the Camano Library, this time for Stop the Bleed training. This is a remarkable opportunity to learn measures you can take to save a life. The course is provided by Dr. Robert Mitchell from the Disaster Medicine Project and will go from 1-3 pm. There is limited space available, so register early. For more



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information or to register, contact Sue Ryan,
artistsue@yahoo.com.

Meetings

The CPG board meeting will take place on Tuesday, December 6th from 1-3 pm at the Vista Madrona Fire Station.

There is no general meeting for December. Our Christmas Party takes its place.

January's meeting will be an evening of community Share and Tell. November provided all of us with a good many challenges. Bring your questions and concerns about your experiences and/or bring ideas and items that you found truly helpful so that others can learn what works for you when the lights, heat, and communications go out. We will have a few items to show, as well. The public is welcome to attend all our meetings.

Planning Ahead for December

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

Items to Locate or Purchase:

Rubbing alcohol
Hydrogen peroxide
Cotton swabs
Antiseptic

Actions to Take:

Re-inventory your supplies and replenish where needed. Check out the FEMA Individual Studies online courses. These are free! It just takes a little bit of your time. Time to learn and time to prepare is time well spent.

Useful Websites

*Should any of these links fail to work, try doing a copy and paste to your browser.

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/

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://youtube.com/watch?v=xnNHM4OLkvE>

Disability Related Preparedness Resources –

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

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

CPG Contacts:

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Preparedness – A state of mind!

