



## CAMANO PREPAREDNESS GROUP JANUARY 2023 NEWSLETTER



### Upcoming Meetings/Events

*Board Meetings – 1<sup>st</sup> Tuesday of the month;  
Vista Madrona Fire Station unless otherwise  
indicated; 1-3 pm*

*General Meetings – 2<sup>nd</sup> Thursday of the month; Vista  
Madrona Fire Station; 7-9 pm*

January's board meeting – January 3<sup>rd</sup>.

General meeting – January 12<sup>th</sup>. This meeting will provide an evening of Share and Tell for everyone to discuss the recent severe weather events, their concerns, what worked for them with regards to getting through the power outages and the isolation while roads were tree-littered or snow-covered and icy, and what did not work. If you have handy-dandy devices that helped you through these events, please feel free to bring them or photos of them to share. As a community, we have a lot to learn from one another's experiences.

### Stop the Bleed

Our January 28<sup>th</sup> Stop the Bleed course is now full. Watch our newsletters for future offerings of this course.

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### Making Plans – Weather

A weather tidbit for those who travel through the mountains. If you listen to forecasters, they tend to use these terms for mountain reports.

Difference between Freezing Level and Snow Level:



Freezing level is the altitude or elevation at which the air is expected to be 32°F.

Snow level is the altitude at which precipitation falls as snow. This altitude can be as much as 500-700 feet lower than the freezing level, as snow can fall at slightly warmer temperatures than freezing.

Whether you travel the mountains or remain at lower altitudes, there is a lot to consider in preparing for severe weather conditions. Below is a reprinting of tips from the Red Cross that were offered in our 2021 January Newsletter.

- If you have children, talk with them about the meanings of storm watch and storm warning. Explain what they might expect, should a storm materialize.
- Decrease your risk of becoming stranded by winterizing your vehicle and by staying off the roads until severe weather passes.
- Bring your pets indoors. Make sure they have an extra supply of food and items like cat litter.
- Horses and livestock need a place to shelter that will remain dry, even when snow melts and creates the potential for flooding.
- Protect your pipes with insulation and covers for outside faucets.
- Make sure your home is sufficiently winterized and that your furnace is in good working order.





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- If your budget permits, purchase emergency heating supplies – appropriate fuel for wood/pellet stoves and/or fuel for generators.
- During a winter storm, watch for warnings from local radio/tv stations or tune to NOAA radio.
- Have an evacuation plan in the event such becomes necessary.
- Check your emergency and first aid kits and replenish any missing items or those that may be in short supply.
- Remain indoors during the storm.
- Eat regularly and stay hydrated.
- If you must go outside, dress in layers. Outer garments should be water repellent. Keep your head and hands covered.
- Stretch to warm up and loosen muscles before going out to shovel.
- Avoid over exertion.
- Know how to avoid hypothermia. Know how to treat it if it occurs.
- Use extreme caution when walking in mud or on snow or ice. Having a set of trax-like devices for your shoes/boots will help grip the ice.
- If you must travel use public transportation wherever possible.

Our sincere thanks to Cama Beach Café and Cama State Park for providing us the use of their beautiful facility and providing us with our own CPG Christmas tree to decorate. We look forward to a year of collaboration with Cama and Camano State Parks in conjunction with their educational programing.

Our thanks to all of you who attended our party. Your presence made it a special evening of fun, friendship, and celebration.

**Planning Ahead for January**

Time to begin again with another year’s ongoing look at spreading the cost of preparedness over the months. Also included are other measures you can take to prepare for any emergency/disaster.

Items to Locate or Purchase:

- |                          |             |
|--------------------------|-------------|
| Hard hat                 | Work gloves |
| Goggles                  | Mask (N95)  |
| Heavy shoes & socks      |             |
| Flashlights/light sticks | Whistle     |

Actions to Take:

Place each of these items under or near your bed. Do this for each member of your household. Should a disaster occur late at night, these items will provide you with the means of safely evacuating your home, or (in the case of the whistle) a means of alerting others of your whereabouts if you cannot get out.

Work with your neighbors to organize under Neighborhood Ready

**December’s Christmas Party**



Cama Beach Café

