



CAMANO PREPAREDNESS GROUP FEBRUARY 2023 NEWSLETTER



Upcoming Meetings/Events

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

General Meetings – 2nd Thursday of the month; Vista Madrona Fire Station; 7-9 pm

February's board meeting – ***February 7, 1-3 pm at the Country Club Fire Station (Station 2).

General meeting – February 9. This fall and winter have been particularly brutal and left many of us without power for several days. If the windstorm of November and the snow and ice of December have you considering the purchase or the upgrade of a generator, join us for our February meeting. Don Thompson's presentation – "Into Generators" - will provide information regarding the types of generators and their pros and cons. Come learn what is available and what may work best for your situation

Making Plans – Weather

What is the difference between rain and showers? The National Weather Service describes rain as precipitation that is relatively continuous and uniform in intensity. Showers are described as precipitation that is characterized by suddenness in terms of start and stop times, and rapid changes in intensity.

Rain is generally associated with a frontal system and tends to be widespread across a region. A frontal system is a boundary separating two types of air. One type is usually denser than the other, with different temperatures and levels of humidity. Cold fronts often come with thunderstorms and other severe weather.

Showers are associated with cooler air aloft and warmer air at the surface. The warm air rises, cooling and forming clouds.

Winter Safety in the Woods

Many of us enjoy the winter wonderland of our mountains and forests. Being prepared for every potential is as important for these excursions as preparing for disasters. The following advice comes from the US Forest Service Region 6.

1. Always check weather conditions before heading out. It might be sunny and dry in town, but with completely different weather conditions in the mountains. Snow, ice, wind, and heavy rain can be hazardous. Pack extra clothes, know where you'll need 4-wheel drive and/or chains, and be prepared with extra food and water in case you get stranded and have to wait an extended time for crews to get to you.
2. Check in at your nearest Forest Service office by either calling, visiting in person or online for up-to-date information about road conditions. Many of our forest roads are not plowed or maintained during the winter, and some are gated for winter wildlife forage. By checking with the Forest Service office, you can verify you'll be able to safely get to your desired destination.
3. Our phones and GPS units can be super useful, but don't rely on them exclusively. Get a paper map and bring it with you. Your phone may die or lose reception right when you need it to help you navigate. Having a paper map can be your life saver.
4. Tell someone where you're going and when you should be back. Doing this can accelerate the time it might take to send rescue crews if you happen to get stranded or injured.

Stay safe!



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Planning Ahead for February

An 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:

Compass Local map
Toothbrush and toothpaste
Denture products
Liquid soap Cleansing wipes

Actions to Take:

Verify your out-of-area/state emergency contact information is up to date. Share any changes with all family and friends who may wish to check on your well-being.

Collect and store favorite herbs and seasonings in small packets. Date all perishables. Remove expired items.

Hold neighborhood disaster exercises. Imagine the following scenarios:

1. A major storm has roads impassable and knocked out power, likely for several days.
2. A major earthquake has rocked the area. Roads are gone and power and communications lines are knocked out. First responders may not be able to get to your neighborhood for days. Outside assistance with food and water may take even longer.

What items will you need as a household and as a neighborhood for each of these scenarios. What neighbors may need assistance? How can you best help them?

1st Quarter CERT Workshop

Our first quarter workshop for those who have taken CERT training will be held on February 21st from 6-8 at the Vista Madrona Fire Station. The topic will be Triage. Please contact Rhonda Paulson, rspaulson.rp@gmail.com to register for the workshop.

Stop the Bleed



Photo by Ana Brugman

Doctor Robert Mitchell from the Disaster Medicine Project provided the Stop the Bleed course at the Camano Library on January 28th. This is a remarkable course with an outstanding instructor who provides background and instruction regarding the lifesaving measures using tourniquets and packing wounds. From home accidents to vehicle accidents to the tragic events of mass shootings, the ability to save lives is a skill everyone should learn. If you missed this session, we are working to get Dr. Mitchell back for another session in August. Stay tuned!



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CERT Training

The next CERT training session will be April 21-23 at the Vista Madrona Fire Station. The course is free, but students are asked to pay \$25 toward the basic CERT kit, which the CERT trainers will bring to the session. The course covers basic preparedness, organizational skills, disaster medical operations, disaster psychology, fire and utility safety, light search and rescue, and terrorism. We also discuss disaster communications. This is another course we strongly recommend everyone take.

To register, contact Kristina Kasper, k.kasper@islandcountywa.gov

There are a limited number of openings, and the sessions fill up fast.

55+ Resource Fair

The 55+ Resource Fair returns to the Camano Center on March 4, 2023. The fair runs from 9:30 am to 2:30 pm and includes a host of local organizations and businesses that cater to the health, safety, transportation needs, wellness, and fiscal needs of senior citizens.

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/disability><https://www.redcross.org/prepare/location/home-family/disabilities>

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

WSDOT - <https://wsdot.com/travel/real-time/map>

CPG Contacts:

Rhonda Paulson, President, Camano Neighborhood Ready Coordinator; CERT Trainer –

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Sue Ryan, VP, Program Director –

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Bill Swander, Board member; CERT Trainer –

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Preparedness – A state of mind!

We will never be Disaster Proof
but

We can be Disaster Ready!

