



CAMANO PREPAREDNESS GROUP MARCH 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

March's board meeting – March 7, 1pm, Vista Madrona Fire Station, 273 NW Camano Dr.

General meeting – The March 9 meeting of the Camano Preparedness Group will feature the ICOM 911 service. The Director of 911, Sofia Kohfield, will be discussing what 911 does, how they do it and what information they need from us when we call them (so we can better help them to help us). This meeting will provide the opportunity for some interesting discussion about this very important service. Come join us at the Vista Fire Station, 273 N. West Camano Dr., 7:00pm. For more info contact Rhonda at rspaulson.rp@gmail.com.

Hope to see you there!

Making Plans – Weather

The following information comes from NW Meteorologist Ted Buehner and his North Sound One Minute Pod Cast and from NOAA.

March is generally the month that kicks off our thunderstorm season, although this year it came a little early. We have two peak seasons, here – spring and fall – with spring being the primary one. The mix of longer days with warmer temperatures at the surface and the cooler air aloft as it moves down from the Alaskan Gulf creates unstable air masses. The greater the difference in temperatures, the better the likelihood of thunderstorms forming.

Western Washington averages ten thunderstorms a year, contrasted with Central Florida, which averages more than one hundred. Our thunderstorms are generally short-lived, lasting

less than thirty minutes. Some of us, however, will recall the storm of mid-February, this year, when thunder accompanied an on-again-off-again downpour of sleet and pea-sized hail that lasted for an hour.

Lightning is a primary ingredient associated with thunderstorms. While people east of the Rockies are well-acquainted with the dangers, people here tend to be less so. Thanks to lightning, there is no safe place outdoors during a thunderstorm. The energy from one lightning flash could light a 100-watt bulb for three months. The channel of air through which lightning passes can be heated to 50,000° F – hotter than the sun! Thankfully, Washington has not had a lightning fatality since 1996. Let's keep it that way. When thunder roars, stay indoors!!!

Thank You ACE Hardware

Camano Island's ACE Hardware sponsored the Camano Preparedness Group as their January Round-up Recipient.



Chris Kyser presents a check for \$2004.76 to CPG board members, Bill Swander, Sue Ryan, and Rhonda Paulson . Our very sincere thanks to ACE Hardware and to Chris Kyser! Contributions such as this help us continue to provide our programs and trainings to Camano residents.



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Upcoming Events

March 4th – 55+ Resource Fair, 9:30am-2:30pm at the Camano Center – This annual fair sponsored by the Camano Center provides a convenient location for residents aged 55 and older to learn about local resources, services, and programs tailored to their needs.

April 21-23 – Basic CERT Training – We cannot say this often enough – in the event of a major disaster, we will likely be our own first responders for anywhere from a few hours to several days, depending on the scope of the event and the resources immediately available to our professional first responders.

CERT – Community Emergency Response Team training covers basic preparedness, organizational skills, disaster medicine, disaster psychology, utility and fire safety and fire suppression, light search and rescue, and terrorism. The CPG sponsors this training on Camano twice a year, and we urge at least one, preferably two or three individuals from every neighborhood to take it. The training is free, though we do ask for \$25 per person to help cover the cost of the basic CERT packs we provide. The course runs from 6pm-9:30 of Friday, April 21st, and from 9am-6pm on Saturday and Sunday, the 22nd and 23rd. At present, we still have a few openings. For more information, contact Rhonda Paulson, rspaulson.rp@gmail.com. To register for this class, contact Kristina Kasper, k.kasper@islandcountywa.gov

Planning Ahead for March

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:

Pencil & paper Pliers

Screwdriver Wrench
Hammer Saw
2 rolls of paper towels
4 rolls toilet tissue Safety pins

Actions to Take:

Learn about local disaster risks. Understand what the commonality is regarding what you will need for disaster preparations. Know the locations of water and gas meters and know how to shut them off. Keep an appropriate weather-protected wrench near each location. Work with your children/grandchildren to assemble an activity kit for them.

Preparing Kids

When disaster strikes, we may well be separated from our children/grandchildren. Special plans need to be in place with them in mind.

Make sure your children/grandchildren have an out-of-area contact with that person's name and contact information in their backpack and make sure they know which pocket it is in. This should be someone they can contact if you cannot be reached. Make sure the school knows this person is cleared to pick up your child if you cannot do so. Also, keep an extra bottle of water and perhaps an extra snack in their pack.

On the home front, establish a location outside of your home for your family to meet, should some members of the family become separated from you as they leave the house. Be specific. Saying you will meet in the yard could lead some to head to the back and others to the front. Children need to know exactly where they can expect to find you. Practice drop and cover and practice evacuating to your predetermined meeting location.

Help your children create their own disaster kit. It can include some of the same items as your



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family kit, for instance a flashlight, glow sticks, bottles of water, a blanket. It can also include a favorite book or two, cards or other compact game, or a puzzle. Let them help you determine what your family will need if you are isolated when the electricity, heat, and phones are out for a prolonged time. Treating the situation as a camping adventure and including activities they enjoy can also help ease some of their fears and help keep them calm.

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 Dept. 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.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 – rspaulson.rp@gmail.com

Sue Ryan, VP, Program Director – kk6sue@gmail.com

Bill Swander, Board member; CERT Trainer – bswander44@gmail.com

Preparedness – A state of mind!

We will never be Disaster Proof

but

We can Be Disaster Ready!

