



CAMANO PREPAREDNESS GROUP MAY 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

May's board meeting – May 2, 1 pm, Vista Madrona Fire Station, 273 NW Camano Dr.

General meeting – May 11th, 7 pm, Vista Madrona Fire Station. The meeting will present **Edible Plants** with Doug Vorwaller. We are most fortunate to live in an area with plenty of wild edibles. Come join us at 7 pm at the Vista Madrona Fire Station, 273 N. West Camano Dr. and learn how to identify them. The public is always welcome!

For more info contact Sue Ryan at

kk6sue@gmail.com.

Making Plans – Weather

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

What is in store for the rest of this spring and into summer? Ted and the NWS say we should expect warmer, drier conditions from May through the summer. It is not expected to be as dry as last summer, nor are we expected to see another heat dome. (A heat dome is a mountain of warm air contained in a very wavy jet stream. When a jet stream becomes exceptionally wavy and elongated, pressure systems can pinch off and stall or get stuck in places.) Still, we may get days with temperatures well into the 90s. Trivia: The Seattle area is one of the least airconditioned in the nation.

Be sure to use caution during those hot months. Stay hydrated and watch for signs of heat exhaustion – heat cramps; cool, moist, pale, or flushed skin; heavy sweating; headache; nausea or

vomiting; dizziness; and/or exhaustion. Remove yourself to a cool location and rehydrate. Do not allow your heat exhaustion to progress to heat stroke, as this is a life-threatening condition that requires immediate medical attention. Signs of heat stroke include hot, red skin; lack of perspiration; changes in consciousness; rapid, weak pulse and rapid, shallow breathing. An individual with heat stroke may have a body temperature as high as 105°. Move the person to a cool location. Cool their body slowly. Damp towels or sheets can be used. If they are conscious, encourage them to drink water slowly – about a half a glass every 15 minutes. If the person is vomiting, has cramps, or has lost consciousness, do not administer food or drink. Remember, an individual suffering from heat stroke needs immediate medical attention.

Another seasonal issue is tornadoes. And yes, Washington does experience them. We average about two a year. Since 1950, there has been at least one each year, though 1972 was the only year we saw fatalities. In 1969, Snohomish County had a total of seven tornadoes – two EF2s and five EF1s. In April of 1972, Washington had three EF3s, two on the same day. That year we had the highest number of fatalities of any state in the US, with six people having died. In 1997, Washington had a total of fourteen tornadoes. And between 2010 and 2020, we had twelve. Tornado season is generally considered to run from April through June, with May having the most frequent and strongest outbreaks. They can, however, occur at any time. While we are not likely to have any on Camano, it is not beyond the realm of possibility. And let's face it, most of us are often off island. Watch the skies!

CERT Training

Our spring Basic CERT Course was held from April 21st to the 23rd. Our most sincere thanks to the fourteen remarkable individuals who took the time out of their very busy schedules to participate in this training. The course was greatly enhanced by



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the unbelievable range of skills represented by those attending and by the fact that we had two high school students who also took part. We also welcomed the expert assistance of Volunteer Fire Fighters Adrian Leung and Richelle Blair.



First aid practice



Operating in teams.

Proper use of a fire extinguisher



Firefighters Leung and Blair demonstrate the application of a tourniquet.



Upcoming Events

Stop the Bleed training under the remarkable tutelage of Dr. Robert Mitchell from the Disaster Medical Project is returning to Camano on August 19th. This class is a great opportunity to learn how to control life-threatening bleeding. The class will be held at the Camano Library from 1-4 pm. There are a limited number of openings, so if you are interested, contact Sue Ryan at kk6sue@gmail.com to register.

Planning Ahead for May

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:

Unscented Chlorine Bleach

Hand soap

Exam (Nitrile) gloves



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Garbage bags

Waterproof portable container for critical papers

Bucket with lid and plastic liners for toilet

Large plastic food bags

Sleeping bags Extra blankets

Plastic sheeting

Aluminum foil Plastic wrap

Actions to take:

Locate an appropriate area for storage and assemble your disaster supplies. (If possible, find a location that is easily accessible.) Include extra clothing for each member of your household. Install emergency ladders for the upper floors of your home. Photo inventory all household items and store in a lockbox or with an out-of-state friend or family member. Check batteries in items requiring them – this includes smoke alarms and carbon monoxide monitors. Replace batteries where needed.

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:

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Preparedness – A state of mind!

We will never be Disaster Proof but

We can be Disaster ready!

