



CAMANO PREPAREDNESS GROUP

January 2019 NEWSLETTER

Monthly Meetings: Every Second Thursday 7-9pm
Vista Madrona Fire Station – 273 N. West Camano Dr.

The Conclusion of a Successful 2018

Achievements: Eleven meeting programs; eighteen MYN presentations; Sound Waters University participation; presentations at the Camano Community Center and Camano Library; presentation for Veteran's Group at Camano Chapel; presentation for the preschool teachers/staff at Camano Lutheran Church; First Aid/CPR/AED and Stop the Bleed classes; participation in seven Camano community events; CERT training; and a Christmas Party!.

Christmas Party at the Cama Beach Café.

Beautiful Setting



Good Friends



Tons of Fun!



2019

Upcoming 2019 CPG Events & Meetings:

Watch for the rescheduling of SkyWarn --

****The SkyWarn course is provided by the National Weather Service and covers determining what the weather is doing by the types of clouds and by measuring barometric pressure, wind speed/direction, humidity, and temperature. The course includes information regarding measuring rain, hail, and snowfall, and how and when to report measurements to the National Weather Service. The course is free, very informative, and a lot of fun.

January 10 – CPG Meeting – Diagnosing and Treating Hypothermia and Hyperthermia” - Vista Madrona Fire Station 7-9pm - Capt. Jim Cushman (Ret.) USCG

January 24 – Volcaones in Our Back Yard; MYN;CERT – Camano Community Center 6-8pm – Sue Ryan; Rhonda Paulson; Sky Murphy

February 1 – What To Do Until Help Arrives – Camano Library – 4pm – Don Thompson

February 2 – Sound Water University – South Whidbey High School 5675 Maxwellton Rd., Langley, WA 98260 – 8:30am-4:30pm * See <https://soundwaterstewards.org/sw/2019/> for details. Preparedness session provided by Island County DEM Eric Brooks, Island County CERT Coordinator Jody Jeffers, CPG members Sue Ryan and Rhonda Paulson.

February 16 – CERT First Quarter Class/Exercise – Vista Madrona Fire Station 273 N. West Camano Dr. – 1-3:30pm – Sky Murphy

Planning Ahead: Items for January

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.

Purchases:

Plastic bucket with tight lid for toileting needs

Plastic sheeting

Denture/dental care supplies

Actions:

Review insurance coverage with your agent.

Pet Preparedness

The following information is provided by FEMA.

When you feel cold, your pets do as well. Make sure they are kept inside when temperatures drop below freezing. Wipe your dog's paws when they come in from the weather. Chemicals used to melt ice can make your pets sick. Keep antifreeze away from your pets. The taste is sweet, but it's poisonous for animals to eat. When you see a pet wandering outside in the cold, call your local animal control agency. Keep your animal friends safe and warm.

Useful Tips – Avoiding Hypothermia

Information also provided by FEMA

Limit your time outside in extreme cold. Wear layers of clothing. Cover your face and mouth with a scarf and wear gloves, weather resistant boots, and a hat. According to the CDC, those most at risk for hypothermia are people who exercise or spend a lot of time outdoors, babies who sleep in cold rooms, and senior citizens with inadequate food, clothing, or heating. Learn more at

<https://www.cdc.gov/disasters/winter/staysafe/>

[hypothermia.html](https://www.cdc.gov/disasters/winter/staysafe/hypothermia.html).



Winter Driving Tips from FEMA

Avoid getting out on the roads during winter storms. Always have an emergency kit in your car that includes jumper cables, warm clothes, bottled water, snacks, spare cell phone charger, blankets, flares, and an ice scraper. When planning a trip by plane, review the TSA's travel guidelines at

<https://www.tsa.gov/travel>

If traveling with pets, take something familiar like a toy or blanket to help ease stress.

Useful Preparedness Websites:

- **CPG** – camanopreparednessgroup.org
 - **FEMA (Federal Emergency Management Agency)** – Training.fema.gov;
**Very good free online preparedness info / courses
 - **CIF&R** – camanofire.com
 - **ICDEM (Island County Dept. of Emergency Management)** - islandcountywa.gov/dem/pages/home
 - **Earthquake Country Alliance** - <https://www.earthquakecountry.org/prepare/>
 - **Map Your Neighborhood** - <https://rtcil.drupal.ku.edu/sites/rtcil.drupal.ku.edu/files/images/galleries/MapYourNeighborhood.pdf> - This brings up the MYN booklet and lets you download it.
 - **Amateur Radio** - scarcwa.org – Information regarding the Stanwood/Camano Amateur Radio Club; arrl.org – Information regarding the Amateur Radio Relay League
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Sue Ryan, Program Director – artistsue@yahoo.com

For information regarding CERT training, you may contact any of the above or go to the CPG website listed under Useful Preparedness Websites.



Just be prepared.

***The Camano Preparedness Group is a non-profit 501-C3 organization working to help Camano residents develop the skills necessary to make it safely through whatever major events we may encounter. We provide programs at monthly meetings, presentations for neighborhoods and local groups, and make available a wealth of materials at community events.



Tax deductible donations welcome and can be sent to CPG, P.O. Box 1325, Stanwood, WA 98292.
