



# CAMANO PREPAREDNESS GROUP

November 2018 NEWSLETTER

**Monthly Meetings:** Every Second Thursday 7-9pm

Vista Madrona Fire Station – 273 N. West Camano Dr.

## A Very Busy October!

The CPG was certainly running to keep pace with the month of October. Pictures tell the tale.



October 6<sup>th</sup> – Sue Ryan’s *Earthquakes and the PNW Faults* presentation at the Camano Library.

October 19-21 – *CERT training* – The course includes first aid;



**cribbing and leveraging; and fire chemistry and suppression.**



Course also includes organizational skills, and disaster psychology. If you haven’t taken the training, yet, be sure to watch for our April 2019 session. In the meantime, watch for information regarding quarterly continuing education/exercises for those who have received the training. The first of the quarterly sessions for 2019 will be in February.

On October 27<sup>th</sup> the CPG and the Camano Library co-sponsored *Stop the Bleed*.



Dr. Mitchell discussing the types of tourniquets and how to use them.



Lee Rosendaal and Liz Tarbet practice packing a wound.

And then there was the *CIFR’s annual Halloween Party* at the Vista Madrona Station.



Sue Ryan helped the little ones make jack-o-lantern puppets while others were delighted to find the cookies and candy. The Fire Cadets’ Haunted House was also a tremendous hit.

## Upcoming 2018 CPG Events & Meetings:

**November 8** – Stress can be difficult on the best of days. In the event of any emergency/disaster, the stress level shoots up for everyone. For some, it can become overwhelming. Julie Melville provides information regarding signs of severe stress and how to help those who are suffering from it.

**December 13** – Christmas Party – Cama Café

**December 21** – SkyWarn – 6-8pm – Vista Madrona Fire Station

## Planning Ahead: Items for October

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.

### Purchase:

Rubbing Alcohol

Anti-diarreal medication

Antiseptic

### Actions:

Place a sleeping bag and/or an extra blanket for each family member in an easy-to-access place.

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## Cold/Windy Weather Preparations:



Already, our fall weather has produced hefty winds, leaving some without power for several hours. Time to restock your pantry and check to see if you have enough fuel for your generator or wood/pellets for your fireplace/woodstove to last several days. Make sure your outside hoses are disconnected and the faucets protected. This is also a good time to change the batteries in your smoke/fire and carbon monoxide detectors. If you do not know the signs of hypothermia and what to do about it, take the time to learn.

Know who among your neighbors lives alone and which neighbors are most vulnerable. Check on them periodically, especially during power outages, to make sure they are safe and warm.

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## Useful Tips:

Whether you travel far and wide in the fall/winter, or just travel around the island and into town, severe winter weather can leave you trapped and isolated in your car. Make sure your car's battery doesn't



need to be replaced. Carry an air compressor that plugs into your car. Your vehicle should also be equipped with a first aid kit, gloves, tools for under the hood, emergency blankets, water, and packaged easy-to-store foods such as granola and protein bars.



Remember to keep your pets safe, as well. In some states, it's illegal to keep your dog tethered or fenced in the yard for more than thirty minutes when temperatures dip below 32°.

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## Useful Preparedness Websites:

- CPG – [camanopreparednessgroup.org](http://camanopreparednessgroup.org)
  - FEMA (Federal Emergency Management Agency) – [Training.fema.gov](http://Training.fema.gov);  
\*\*Very good free online preparedness info / courses
  - CIF&R – [camanofire.com](http://camanofire.com)
  - ICDEM (Island County Dept. of Emergency Management) - [islandcountywa.gov/dem/pages/home](http://islandcountywa.gov/dem/pages/home)
  - Earthquake Country Alliance - <https://www.earthquakecountry.org/prepare/>
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## Contact Info:

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Sue Ryan, Program Director – [artistsue@yahoo.com](mailto: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.

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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.

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