

# CAMANO PREPAREDNESS GROUP



December 2018 NEWSLETTER

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

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

---

## November's CPG Meeting



Julie Melville discussed stress and various means of coping.

---

## Partnering for Preparedness:

The CPG is delighted to have an opportunity to work in partnership with the newly forming North County Map Your Neighborhood/CERT group based out of Warm Beach. Chris Jones, North County CERT Coordinator is doing a remarkable job of keeping us apprised of their activities, planned CERT sessions, and upcoming CERT exercises/drills. We will also be conducting ongoing education and CERT exercises/drills. With both groups active and willing to cross over to participate in one another's events, we hope to make this entire region better prepared for whatever may occur, and thereby more resilient in the aftermath. For those of you who are unfamiliar with CERT, it stands for Community Emergency Response Team. The training sessions we sponsor here on Camano take place every April and October and run from a Friday evening to all day Saturday and Sunday. This training includes basic preparedness measures, organizational skills, medical triage, first aid, fire chemistry and suppression, hazardous materials, light search and rescue, and disaster psychology. It's an intense weekend, but also most enjoyable with a lot of hands-on activities. Anyone who is interested should watch our website – [camanopreparednessgroup.org](http://camanopreparednessgroup.org) – for dates and times.



---

## Upcoming 2018 CPG Events & Meetings:

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

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

\*\*\*\*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 and a lot of fun.

---

## Planning Ahead: Items for December

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:

- |                           |                   |
|---------------------------|-------------------|
| 3 cans meat               | 3 cans vegetables |
| 1 box facial tissues      | Dried fruits/nuts |
| 1 box quick energy snacks |                   |
| 2 gallons water           |                   |

Actions:

Assemble an activity box with cards, games, books, etc.

---

## Winter Care for Seniors:

The following information is provided by FEMA.

During winter, it's important to look out for seniors in your family and neighborhood. Older adults are at higher risk in cold weather. Here are some tips to ensure older adults are prepared for winter weather:

- Make sure to prepare an emergency kit before winter arrives. Include medication.
- Connect with your family, friends, and neighbors to make sure you (and they) have a strong support system in case of an emergency.

- Check on your neighbors after any disaster or emergency, including when it's freezing.

Be careful after a storm. Limit your time outside in the cold. Reduce the risk of heart attack by making sure you don't overexert yourself when shoveling snow.

---

## Useful Tips – Preparing for a Power Outage:

This also comes from FEMA.

Severe winter cause power you ready if out? Prepare sure you stay lose power.



weather may outages. Are the lights go now to make safe if you

- Make a list of anything you need that uses electricity; plan for batteries and other alternatives to meet your needs when the power goes out.
- Plan if you have medication that needs to be refrigerated. Talk to your doctor about what to do with medicine if you lose power.
- Make sure to have a flashlight and extra batteries at home.
- Have enough non-perishable food and water for your family.
- Keep mobile phones charged and gas tanks full.

For more information to prepare now, survive during, and be safe after a power outage, go to:  
<https://www.ready.gov/power-outages>.

---

## Join Us for the CPG Christmas Party Potluck

December 13, 2018 at the beautiful Cama Beach Café.

Time: 5pm

CPG will provide the meat. Bring your favorite potluck dish. You may BYOB as well.

Please rsvp to Rhonda Paulson or Sue Ryan by December 10 – e-addresses listed in contact information.



## 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/>
  - **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](http://scarcwa.org) – Information regarding the Stanwood/Camano Amateur Radio Club; [arrl.org](http://arrl.org) – Information regarding the Amateur Radio Relay League
  -
- 

## Contact Info:

**Bill Swander, President** – [bswander44@gmail.com](mailto:bswander44@gmail.com)

**Rhonda Paulson, VP, MYN Chair** – [rspaulson.rp@gmail.com](mailto:rspaulson.rp@gmail.com)

**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.

---



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.

---