



CAMANO PREPAREDNESS GROUP

JANUARY 2026 NEWSLETTER



Board & General Meetings

Board Meetings –

1st Tuesday of the month; Vista Madrona Fire Station, 273 N. West Camano Dr. unless otherwise indicated; 1-3 pm.

General Meetings – 2nd Thursday of the month; Vista Madrona Fire Station; 7-9 pm.

***Membership

Beginning in January 2026, the CPG will be initiating a membership fee of \$5 per person per year. This fee will help to cover our ongoing administrative costs. We ask all previous members as well as any who wish to become members to go to our website – camanopreparednessgroup.org – where you can complete the membership form. You may also fill it out and pay the fee at any of our meetings. No one is required to become a member in order to attend our meetings or events or to receive this newsletter. Having a membership, however, will help us continue to provide our programs.

There will be no January board meeting. The board meeting is being replaced by our annual “retreat” to be held on January 17th.

The focus for the January 8th general meeting will be providing assistance to the most vulnerable in our neighborhoods. Nearly every neighborhood has at least one individual who may be particularly vulnerable at times of severe weather or during a disaster. As neighborhoods organize and prepare for such events, it is important to identify these individuals and know their needs. The January meeting will be a discussion regarding assisting those among us who have varying vulnerabilities,

from mobility to vision and hearing to mental health. Come and meet some of CPG members who can personally address their concerns and how we can provide the best assistance to people who share their issues.

***** Meetings and events will be cancelled any time the Stanwood-Camano School District closes due to severe weather.*****

Calendar

CPG Meetings & Events

January 8 – Assisting the Most Vulnerable Among Us – Rhonda Paulson

January 17 – CPG Board “Retreat”

February 12 – Stop the Bleed – Camano Island Fire & Rescue

March 12 – Water Purification & Storage – Bill Swander

CERT Calendar

January 30 – February 1, 2026 – CERT Train the Trainer Course – Central Whidbey Fire and Rescue Station in Coupeville - WA EMD

February 11 – Camano CERT Workshop – Documentation and Communication (a critical exercise regarding what information needs to be collected, where it goes, and how it gets there?) – 6-8 pm; Vista Madrona Fire Station

March 4 – Camano CERT Workshop – Stop the Bleed (review and hands-on practice!) – 6-8 pm; Vista Madrona Fire Station

*****For workshops, please register at rspaulson.rp@gmail.com**



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April 10-12 – CERT Basic Training – Vista Madrona Fire Station (For more information, contact Rhonda Paulson, rspaulson.rp@gmail.com)

Recent Events

CPG Christmas Party

What a delightful gathering we had for our 2025 Christmas Party. The Yacht Club is such a marvelous setting! Bill Swander's brisket was done to perfection, and all of the potluck dishes were delicious! The evening presented us with ample time to enjoy one another's company and there were several drawing gifts given out. The CIFR Santa Run even drove by!



Weather

Camano's greatest risk for a disaster is severe weather. Understanding weather can help you become better prepared.

Information for this portion of our newsletter comes from NW Meteorologist Ted Buehner; from NOAA; from the National Weather Service; from Island County Department of Emergency Management; and from the Climate Prediction Center.

NOAA is restating its winter forecast for the PNW with a weak La Niña pattern bringing cooler and wetter weather than is normal for our area. They emphasize that this is a weak system, meaning that the impacts are not expected to be overly dramatic. That does not rule out more wind and heavy rains, however, should the atmospheric river shift north, once more. According to Bill Deger, AccuWeather senior meteorologist, parts of the PNW and southwestern Canada can see more rain and flood risk through the end of January as a result a parade of storms associated with the atmospheric river. The heaviest precipitation is likely to be over the Olympic Mountains and Vancouver Island.

Note that, as oceans continue to warm, atmospheric river conditions will strengthen. This can lead to increased frequency and intensity in coming seasons. The impacts include the potential redistribution of the global water supply, and reduced habitat and affected breeding cycles for fish and other organisms in lakes where the loss of oxygen is occurring faster than expected. For us, it can mean stronger storms hitting our area.



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Planning Ahead for January

For those who are new to this newsletter, this segment allows for an ongoing look at spreading the cost of preparedness supplies over a year rather than trying to acquire everything all at once. Also included are measures you can take to prepare for any emergency/disaster. For those who have been receiving our newsletter, it provides the opportunity to review and update your supplies and plans.

Items to locate or purchase

Hard hat	Goggles
Work gloves	N95 mask
Heavy shoes & socks	Whistle
Reflective vest	Flashlight/light sticks
Extra batteries	Help/Okay signs with tape or pins

Actions to take

Provide the above apparel, whistle, and flashlights/light sticks to be stored under or near the bed for each member of the household. Should a disaster strike late at night, these items will help you make your way safely out of your residence. If you are unable to evacuate your home, the whistle can guide rescuers to your location. If you need assistance, post a HELP sign in the most noticeable window. If you are safe and heading toward your neighborhood gathering site, post the OK sign in the window.

Work with your neighbors to organize your neighborhood under the CPG's Neighborhood Ready program. Know the first steps to take in the first seconds and minutes following a disaster.

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/is/>

CIFR – <https://camanofire.com>

ICDEM (Island County Dept. of Emergency Management) – <https://www.islandcountywa.gov/170/Departmentof-Emergency-Management>

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 – [Inclusive Preparedness Resources | American Red Cross](http://inclusivepreparedness.org)

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, Treasurer; CERT Trainer – bswander44@gmail.com



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We will never be Disaster Proof, but we
can be Disaster Ready!

Remember – preparedness is not a
mindset of doom and gloom. It is your
security in times of recovery from a crisis.
Being prepared is being responsible.

Preparedness
A State of Mind!



2026

