



# CAMANO PREPAREDNESS GROUP

## MARCH 2026 NEWSLETTER



### \*\*\*Membership

Beginning with 2026, the CPG has initiated a membership fee of \$5 per person per year. We ask all previous members as well as any who wish to become members to go to our website – [camanopreparednessgroup.org](http://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/events or to receive this newsletter. Having a membership, however, helps to cover our ongoing administrative costs and allows you to vote in any of our elections or for any of our motions. It also grants us the opportunity to note those individuals with strengths that could be of tremendous support to our team and our community.

### Board & General Meetings

*Board Meetings –*

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

*General Meetings – 2<sup>nd</sup> Thursday of the month; Vista Madrona Fire Station; 7-9 pm. All general meetings are open to the public and are free.*

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

The March 3rd board meeting will be held at its usual time and location. (See above.)

Our March 12th general meeting will feature Bill Swander (our Water Guru!) and his excellent program concerning water filtration, purification, and storage. In the event of a major disaster, it is possible that water lines may break, thereby contaminating our water systems. It is critical to shut off your water at your house and your meter to protect your household lines until such



time as your water association confirms that your lines and wells are clear. In the interim, or until such time as repairs can be made and the systems are up and running again, it is important that you have a proper supply of water available – the minimum being one gallon per person per day. This does not account for the additional needs of pets.

Join us to learn how best to store water, and, should the need arise, how to properly treat water from rain barrels, creeks, streams, etc.

### Calendar

#### CPG Meetings & Events

**March 12** – Water Purification & Storage – Vista Madrona Fire Station (Station #4), 7 pm – Bill Swander

**March 14** – 55+ Fair – 10 am – 2 pm; Camano Community Center, 606 Arrowhead Rd., Camano Island, WA.

**April 9** – Impacts of Our Warming Oceans and Rains – Vista Madrona Fire Station, 7 pm – Mike Everett

We are delighted that Mike is returning to us for a third year. He is a dynamic, animated, and entertaining speaker and his presentations are always as delightful as they are educational. Join us to learn about our warming oceans/rain, the impact we are already beginning to experience, and what it means for the future.

### CERT Calendar

**March 4** – Camano CERT Workshop – Stop the Bleed (review and hands-on practice!) – 6-8 pm; Vista Madrona Fire Station (Station #4), 273 N. West Camano Dr. (\*Class is now full.)

\*\*\*For all workshops, please register at [rspaulson.rp@gmail.com](mailto:rspaulson.rp@gmail.com)



# CAMANO PREPAREDNESS GROUP

## MARCH 2026 NEWSLETTER



**April 10-12** – CERT Basic Training – Vista Madrona Fire Station (Station #4)

Every neighborhood should have at least two CERT-trained individuals. This course provides training in organizational skills, basic preparedness measures, disaster medicine and disaster medical operations, disaster psychology, fire and utility safety and fire suppression, light search and rescue, and touches on terrorism. The course is free. We do, however, have a \$25 fee to help cover the cost of the personal protective equipment (PPE) that is provided. Camano CERT covers the cost for the backpack and other items that are included. For information regarding registration for this course, contact Rhonda Paulson, [rspaulson.rp@gmail.com](mailto:rspaulson.rp@gmail.com). We are taking registrations now!



For anyone who is interested in Stop the Bleed, we are now taking registrations for the full course offered by Dr. Robert Mitchell from the Disaster Medicine Project. He will be offering the course on August 22<sup>nd</sup> at the Camano Library from noon until 3 pm. Registration is \$10. To register, contact Sue Ryan – [kk6sue@gmail.com](mailto:kk6sue@gmail.com).

### Recent Events

Brandi Mauk, CIFR Captain, MSO, and Paramedic presented Stop the Bleed with hands-on practice.

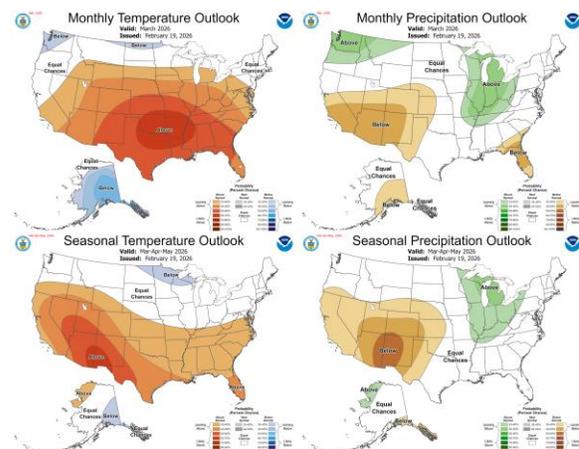


### Weather

**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.

The following maps are from the National Weather Service.





# CAMANO PREPAREDNESS GROUP

## MARCH 2026 NEWSLETTER



As you can see, our area is expected to see below average temperatures and above average precipitation through March. Though we are supposed to receive above average rainfall for the next month, decreasing annual precipitation is becoming a concern. According to my records for rainfall from our home weather station here on the south end of the island, we have gone from a high of 40.75” for 2021 to the lowest amount I have recorded since I started doing so in 2013 of only 25.8” for 2025. Is the decrease in precipitation expected to continue? If so, what effect will that have on our aquifers and our environment? Watching the weather and tracking the trends is becoming increasingly important.

### Planning Ahead for March

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

- |                                   |                            |
|-----------------------------------|----------------------------|
| Paper and pencil                  | Waterproof notepad and pen |
| 3 boxes of Kleenex                | 2 rolls paper towels       |
| 4 rolls toilet tissue             | Safety pins                |
| Pliers                            | Screwdriver                |
| Wrench                            | Hammer                     |
| Saw                               |                            |
| Easily portable kids’ games/books |                            |

#### Actions to take

Learn about local disaster risks. Understand areas of concern in your neighborhood – landslide zones, wetlands, areas of potential liquefaction, flood zones, etc. and how various disasters may affect those areas.

Recognize the commonalities of consequences for disasters, be they weather related or the result of something more catastrophic – loss of power, potential loss of water, loss of communications. Know the locations of water and gas/propane tanks and how to shut them off. Keep an appropriate weather-protected wrench near those locations. Have a disaster plan of evacuation from your home and practice it. Be prepared to shelter in place for a minimum of a month, should evacuation be impossible. Work with your children/grandchildren or other children in your care to assemble activity kits for them.

### Making a Resilient Community

I have had the opportunity and joy to attend several pinning ceremonies for new and newly promoted members of our Camano Island Fire and Rescue, each ceremony having been wonderfully inspiring. At the most recent one, however, Fire Chief Jason Allen offered a quote from Vince Lombardi that I think is extraordinarily pertinent for all of us.

“Individual commitment to a group effort – that is what makes a team work, a company work, a society work, a civilization work.” None of us gets through life without a commitment to and assistance from others. In times of disaster, the need to work together becomes even more important. Drawing on the strengths and dedication of individuals within a neighborhood allows neighbors to work together, becoming an effective team. And those effective teams can strengthen and make our entire community more resilient by sharing a common goal – the safety, health, and resiliency of all.

### CERT Basic Training

Here is an excellent opportunity for individuals to become more involved. CERT (Community Emergency Response Team) trains our residents in many aspects of managing the aftermath of a disaster. We hold twice yearly basic training classes and four quarterly



# CAMANO PREPAREDNESS GROUP

## MARCH 2026 NEWSLETTER

workshops. As the necessary support for those who are CERT trained, our Neighborhood Ready program helps organize neighborhoods to function as a team and to communicate critical information, both within the neighborhood and up the proper chain of command.

### Useful Websites:

\*Should any of these links fail to work, try doing a copy and paste to your browser.

**CPG** – [www.camanopreparednessgroup.org](http://www.camanopreparednessgroup.org)

**CPG Facebook** –

[www.facebook.com/CamanoPreparednessGroup](http://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/](http://www.earthquakecountry.org/prepare/)

**Stanwood Camano Amateur Radio Club** –

[www.scarcwa.org](http://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](#)

**WSDOT** – <https://wsdot.com/travel/real-time/map>

**Sue Ryan, VP; Program Director** –

[kk6sue@gmail.com](mailto:kk6sue@gmail.com)

**Bill Swander, Treasurer; CERT Trainer** –

[bswander44@gmail.com](mailto:bswander44@gmail.com)

### Just So You Know

The following are our CIFR stations:

Camano Island Fire Station #1 has been retired for several years and is now part of the Camano City Schoolhouse Foundation.

Fire Station #2 – Country Club – 1326 Elger Bay Road

Fire Station #3 – Terry Corner – 525 N. E. Camano Dr.

Fire Station #4 – Vista Madrona – 273 N. West Camano Dr.

Fire Station #5 – Mabana – 3651 S. Camano Dr.

CIFR Administration Building – 811 N. Sunrise Blvd.



### CPG Contacts:

---

**Rhonda Paulson, President; Camano Neighborhood Ready Coordinator; CERT Trainer** –  
[rspaulson.rp@gmail.com](mailto:rspaulson.rp@gmail.com)



# CAMANO PREPAREDNESS GROUP

## MARCH 2026 NEWSLETTER



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!

