



CAMANO PREPAREDNESS GROUP

APRIL 2026 NEWSLETTER



***Membership

Why become a CPG member? Your \$5 annual membership fee helps cover our administrative costs, gives you a voice in any votes that take place at our general meetings (including voting for officers), and allows us the opportunity to note those individuals with strengths and skills that could be of tremendous support to our team and our community.

Board & General Meetings

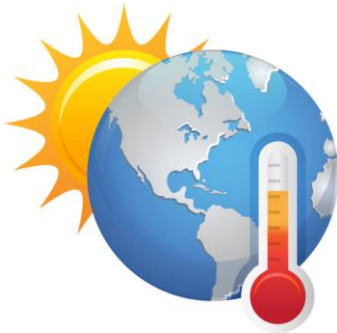
Board Meetings –

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. 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 April 7th board meeting will be held at its usual time and location. (See above.)



Our April 9th general meeting will feature guest speaker Mike Everett. Mike retired from the position of Chief Meteorologist for KING 5 News and has continued to provide speaking engagements to various groups. This will be his third visit with the Camano Preparedness Group, and we are thrilled to have his return. Mike is a dynamic speaker who provides humor

with his knowledgeable presentations and always delights his audience. The topic for this program is our warming oceans and rain. Join us to learn how these factors in our changing environment are likely to affect us.

Calendar

CPG Meetings & Events

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

May 14 – CIFR full CPR drill demonstration and demonstration of their new LUCAS device – a device that can provide ongoing CPR for the entire trip from here to the hospital – Brandi Mauk and crew – Vista Madrona Fire Station, 7 pm

CERT Calendar

April 2 – CERT Trainers' meeting – 1 pm

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

October 16-18 - CERT Basic Training – Vista Madrona Fire Station

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.

April's session is full. Now is the time to consider registering for October's session. To do so, contact Rhonda Paulson at rspaulson.rp@gmail.com.



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APRIL 2026 NEWSLETTER



Recent Events

March 4th was our second CERT workshop for this year. The focus was a review of Stop the Bleed with hands-on practice. The workshop was led by one of our new CERT Trainers' Team members, Mike Gerity.



Bill Swander provided his remarkable Water Purification and Storage program for our March 12th Meeting.



55+ Fair at the Camano Community Center on March 14 was very well attended. The CPG booth featured our Rock'n'Roll House – a demonstration of the effects of an earthquake on a home.



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 22nd at the Camano Library from noon until 3 pm. Registration is \$10. To register, contact Sue Ryan – kk6sue@gmail.com.





CAMANO PREPAREDNESS GROUP

APRIL 2026 NEWSLETTER



Where Does Preparedness Start?

It starts with each individual and household. According to FEMA and the EPA, it is every individual's responsibility to:

- Develop a disaster plan for themselves and their families
- Build a disaster supply kit
- Learn basic survival skills
- Have a plan for long-term power outages
- Conduct risk assessment
- Create emergency response plans

Most governmental agencies expect individuals/households to be prepared for a minimum of three to seven days. Some have expanded that to seven to ten days. For those of us living on Camano, however, we must consider that, in the event of a major disaster, our very limited access on and off the island could leave us isolated for as much as a month or longer. How many of the above steps have you accomplished? Do you have sufficient food and water for your household including your pets? Do you have a sufficient supply of medications? Do you have a good first aid kit (and not the store-purchased ones that have little more than a thousand and one band-aids in varying sizes)? Are your first aid skills up to date? Do you know evacuation routes for getting out of your house? Do you have a designated location should you need to evacuate your property?

Protecting yourself and your family is always your top priority!

Shout-Outs!!!

There are a few individuals in our community who deserve special recognition for their efforts in organizing and preparing their neighborhoods for a potential disaster.

Kim Oban – Lost Lake

Patty Crossland and Debbie Gillespie – Brentwood

Don Thompson, Joan Ritzenthaler, and Bill McGlashan – Camaloch

Bill Swander – Camano Hills

In addition, Patty Crossland deserves a second shout-out for her participation and assistance over and above her efforts with her neighborhood. Patty has consistently stepped forward as a volunteer, assisting with CERT trainings and other events.

We are a very blessed community to have individuals such as these special people who are working to make us stronger and more resilient. Our sincere thanks to each of them!

Broken Hearted

It is with great sadness that we announce the passing of Liz Tabet. Liz was a Camano resident for more than 55 years and a staunch volunteer with both the Camano Preparedness Group and the various CIFR auxiliaries, most recently with the Mabana Flames. She passed away on March 5th at 90 years of age. Liz spent her life dedicated to the well-being of our island community. Her husband had been a volunteer firefighter and helped to build the south end Mabana Fire Station. Liz knew more of our residents, here, than anyone else I can think of. She loved dog- and house-sitting for people, and animals seemed to take an instant liking to her. Her many years on this island led her to be, as our CPG secretary Carole Olson put it, a walking Camano history book. She has always been a strong presence and leaves us with an enormous void. She is dearly missed!



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APRIL 2026 NEWSLETTER



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.

According to Ted Buehner, our outlook for spring through May indicates equal chances of above, near, or below average temperatures and precipitation. Not particularly helpful for making plans, but fairly typical of our PNW weather unpredictability. It's the case of, "Oh look! We have Spring! Oops. No. I was mistaken. It's still Win... Oh! Maybe Spring is back again!" syndrome.

The outlook for summer appears to be rather more decisive – at least for the moment. Current expectations are for warmer and drier than average conditions. Please keep this in mind as we move into wildfire season.

Planning Ahead for April

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

Strapping/fasteners for water heaters
Extra batteries and a battery charger
Crank or battery AM/FM radio
Assorted plastic containers and lids

Child-proof latches (works for securing cabinets during an earthquake)

Sewing needles and thread Sewing scissors

Household scissors

Chlorine (non-perfumed) and eyedropper for adding chlorine to water

Actions to take

Learn about water filtration, purification, and storage. Place OK/HELP signs and tape or pins under your bed with your hard hat and other previously placed items. Learn to use a compass and map and include them in your kit. Establish a personal and neighborhood communications plan for when phones and internet are out.

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>



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APRIL 2026 NEWSLETTER



Disability Related Preparedness Resources –
[Inclusive Preparedness Resources | American Red Cross](#)
WSDOT – <https://wsdot.com/travel/real-time/map>

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.

CPG Contacts:

Rhonda Paulson, President; Camano Neighborhood Ready Coordinator; CERT Trainer –
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Sue Ryan, VP; Program Director –
kk6sue@gmail.com
Bill Swander, Treasurer; CERT Trainer –
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.



Preparedness

A State of Mind!

