



CAMANO PREPAREDNESS GROUP

MAY 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 May 5th board meeting will be held at its usual time and location. (See above.)



Our May 14th general meeting will feature a full Camano Island Fire and Rescue CPR drill and a demonstration of their new LUCAS device. This device can provide continuous CPR for the entire trip from a Camano residence to the hospital. Join us and welcome Brandi Mauk and CIFR crew for this impressive and

educational drill and demonstration – Fire Station #4 Vista Madrona, 273 N. West Camano Dr, 7 pm.

Calendar

CPG Meetings & Events

May 14 – CIFR full CPR drill demonstration and demonstration of their new LUCAS device Vista Madrona Fire Station, 7 pm

May 29 – Earthquakes and NW Faults – Sue Ryan and Rhonda Paulson – Warm Beach Senior Community – 2 pm

June 11 – Your Home can Survive a Wild Fire – Sue Ryan – Vista Madrona Fire Station, 7 pm

June 13 – Thunder Run DART (Disaster Air Response Team) drill **For our CERT people, watch for information about a possible volunteer opportunity.

CERT Calendar

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

Recent Events

The Blob?





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Okay. Let's back up for just a moment to say, if you missed April's meeting with the absolutely delightful and animated program by Mike Everett regarding our warming oceans and rain – Wow! You really missed out!

So, what's this business about the Blob?

The term was coined around 2014 and describes a roughly 1,000-mile-wide, 300-foot-deep mass of warm water stretching from Alaska to Mexico. What is the significance of this Blob? It is a phenomenon stemming from a lack of stormy weather, a situation that prevents cooler, nutrient-rich water from rising to the surface (known as upwelling) So what? This massive blob of warm water has caused massive die-offs of seabirds and sea lions and has disrupted salmon migration due to reduced plankton and fish populations.



Mike's discussion covered information regarding the results of our warming oceans and rain, and demonstrations of the changes in our global weather patterns. One of the most amazing (and more than a little concerning) consequences is the increasing number and intensity of a pattern known as an atmospheric river. The video of this phenomenon was both beautiful and frightening.

He also discussed extinction events – past and present. Extinction events are defined as when, in a geologically short period of time, at least 75% of our world's species disappear. Under this definition, we are currently approximately 10,00 years into the sixth such event. Will we survive?

The impact of our global warning is going to affect pretty much every aspect of our lives, but we can survive, and by taking some actions now, many of the impacts can be mitigated.

Our sincere thanks to Mike for such an informative presentation and for his efforts to avoid filling us with doom and gloom by providing positive signs of actions being taken and examples of small ways such as conservation that each of us can help.

CERT Basic Training

The other major event from April was our CERT Basic Training course. We were delighted to see seventeen new graduates from this session! Our heartfelt thanks to each of them for their dedication, their enthusiasm, their excellent good humor, and their hard work! Also, our ongoing and multiple thanks to CIFR for once again providing us with excellent instructions from our fire fighters/EMTs and paramedics!





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Learning to do a thorough head-to-toe evaluation searching for injuries.



Learning proper carry techniques for moving an injured individual.



An important lesson learned by the trainers is to never, ever, use dry chemical fire extinguishers in training again!!!!



An excellent course in disaster first aid!

Again, our sincere thanks to one and all for another successful CERT Basic Training! Our next course will be October 16-18, 2026. To register, contact Rhonda Paulson – rspaulson.rp@gmail.com.





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Okay. You are now Personally Prepared.

What's Next?

The next critical step is to organize within your neighborhood. Why is this so important? Face it. None of us can manage a disaster on our own. Ah, you say, but I am well prepared to shelter in place with my family for a good month! Excellent! Your neighbors are hopefully equally prepared. What if, however, there is damage to someone's home, preventing them from accessing their supplies and/or eliminating their shelter altogether? What if someone is so severely injured that they cannot manage on their own? How can you help? What if that damaged home or the injury is yours? Do your neighbors know how to help you? Organizing within your neighborhood now will save you precious time in the event of a massive disaster. And that time can save lives.

It doesn't take a major disaster, of course, for an organized neighborhood to benefit everyone. It can serve as your Neighborhood Watch; can help neighbors look out for those who live alone or who may be particularly vulnerable; and in the event of an accident, can allow for immediate assistance from a neighbor while waiting for first responders to arrive.

How do you organize? Let us help you. We are happy to come to your neighborhood – no charge – to walk you through the things you need to know, from establishing a critical resource list to determining the best location for your gathering site/command post and your care/first aid center. The program is called Neighborhood Ready. For information, contact Rhonda Paulson - rspaulson.rp@gmail.com.

Shout-Outs!!!

There are two individuals whom we would like to recognize for their remarkable artistry with moulage. What is moulage, you ask. It is the art of simulating injuries with makeup. Patty Crossland and Gail Forkner did wonders with our volunteer "casualties" for the purpose of April's CERT final exercise. This made the

exercise far more realistic. I would post pictures, but I don't want to spoil anything for our next CERT Training participants. Instead, we simply send our profound thanks to Patty and Gail for their excellent work!

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 indicates that there is a high-pressure ridge parked over our region that is currently suppressing storm systems. As a result, their outlook for May is above normal temperatures and below normal precipitation across the PNW. With drought conditions already widespread, this will either maintain or worsen the situation, thereby increasing the risk of wildfire danger late into the summer. Please be vigilant!

Planning Ahead for May

For those of you who are new to our newsletter, this segment allows for an ongoing look at spreading the cost of preparedness 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 your supplies and your plans.



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Items to locate or purchase

- Hand soap Exam gloves
- Garbage bags Large food bags
- Waterproof portable container for critical papers
- Bucket with plastic biohazard liners for toilet
- Sleeping bags Extra blankets
- Plastic sheeting Duct tape
- Aluminum foil Plastic wrap

Actions to take:

Locate an appropriate area for storage and assembly of disaster supplies. (If possible, find a location that is easily accessible.) Include extra clothing for each member of the household. Install emergency ladders for upper floors of your home. Photo inventory all household items and store in a lockbox or with an out-of-state friend or family member. Check batteries in items requiring them to see if they need to be replaced – this includes smoke alarms and carbon monoxide monitors.

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](#)

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

CPG Contacts:

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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.

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!

