



CAMANO PREPAREDNESS GROUP

JUNE 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 June 2nd board meeting will be held at its usual time and location. (See above.)

Come meet our new Island County Director of Emergency Management! Justin Ross will join us at our June 11th general meeting to introduce himself and update us on what is happening with the Island County Department of Emergency Management.



Following Justin Ross will be Sue Ryan, providing her excellent presentation, **Your Home Can Survive a Wildfire**. With summer and wildfire season

fast approaching, now is the time to learn the measures you can take to help protect your home. – Fire Station #4 Vista Madrona, 273 N. West Camano Dr, 7 pm.

Calendar

CPG Meetings & Events

June 11 – Meet Director of ICDEM Justin Ross; 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.

August 4 – National Night Out – This year’s event will be held at Station #3, Terry’s Corner. Watch this newsletter for further details.

August 22 – Stop the Bleed! Once again we are delighted to announce that Dr. Robert Mitchell from the Disaster Medicine Project will be at the Camano Library to provide this invaluable training. By understanding how to stop serious bleeds, you can save a life. Instruction includes applying direct pressure and hands-on time for learning to pack a wound and correctly apply a tourniquet. The course runs from 1-3 pm. Cost - \$10. To register, contact Sue Ryan, kk6sue@gmail.com.

CERT Calendar

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

November 7 – First ever major CIFR/CERT Neighborhood Earthquake Drill. Watch for more information.





CAMANO PREPAREDNESS GROUP

JUNE 2026 NEWSLETTER

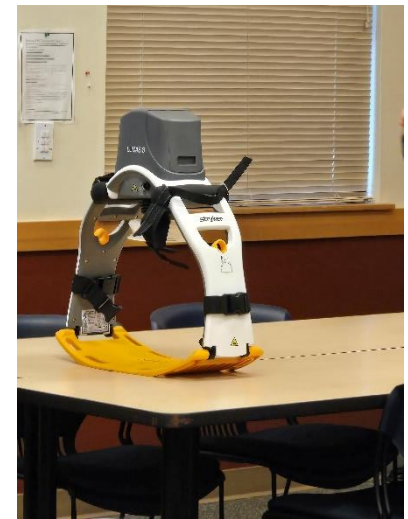


Recent Events

We were honored to have MSO Brandi Mauk and one of the CIFR crews on hand to give a demonstration of their drill for a cardiac call. MSO Mauk and crew also demonstrated their new LUCAS (Lund University Cardiopulmonary Assist System) device. This device provides consistent CPR for a patient all the way to the hospital. Our sincere thanks go to Brandi and each of the crew members for their demonstrations and for their ongoing dedication to our community.



LUCAS
Device



Preparing for the Unthinkable

Preparedness covers a wide range of possibilities, from accidents to illness to weather and other natural or man-made events. Many of you have already taken measures to prepare supplies for yourself and your household. Some few have even taken the next step in beginning to prepare your neighborhoods to work together as a team in the event of a major disaster.

How many of you have taken extra training for such events or already possess critical skills? Are you first aid trained? CPR trained? Have you had training in stress management or disaster psychology? Are you familiar with search and



CAMANO PREPAREDNESS GROUP

JUNE 2026 NEWSLETTER



rescue techniques? Do you have organizational skills? Are you good at documentation and do you know what sorts of things need to be documented in the event of a disaster?

If you possess one or more of these skills but would like to learn more or if you wish to add to your skill sets, consider registering for our next CERT basic training, which will take place October 16-18, 2026. If interested, contact Rhonda Paulson, rspaulson.rp@gmail.com.

*Note – CERT training does not include CPR. However, CIFR may soon return to offering this course. Stay tuned!

Shout-Outs!!!

I know this is going to embarrass this couple, but they really need to be recognized. Carole and Milt Olson are the quiet couple who tend to sit at the back of the room and who rarely speak up. They are, however, among the most consistent of individuals for stepping up to assist with everything from serving on the CPG board to being the critical right hand for Neighborhood Ready and any other event that comes along. They are the hard-working angels who truly help make the CPG and everything we do come together.

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.

For this month, I am offering a recent blog written by Scott Sistek, Meteorologist and Washington Weather Chasers. Yes, I am aware that Memorial Day has already passed, but I think most Pacific Northwesterners will appreciate Scott's take on the question posed to him. My sincere thanks to Scott Sistek for allowing me to share this.

“DOES IT ALWAYS RAIN ON 3 DAY WEEKENDS IN SEATTLE? ☁️ 🤔 I mean no.... But also: Yes? I'm sure if I looked, I can find plenty of examples where Seattle made it through some 3-day holiday weekends at some point on the calendars without rain, right? Why, there's a story passed down through the generations of my family about that one Labor Day in Sept. 1856 where the rain held off until 12:06 a.m. Tuesday. But I'm guessing that was only because A) reading pocket watches by candlelight may have been imprecise, B) Now that I think about it, we didn't even have Labor Day back then either to make it a three-day weekend, and C) Now that I REALLY think about it, my ancestors were living in Ohio, Chicago, Ontario, Transylvania/Romania, and whatever the Czech Republic was called back then (Bohemia?) (Thanks Ancestry!*) so maybe Seattle really never is dry?”

Scott went on to give the forecast for this past Memorial Day weekend, which turned out to be pretty accurate. As expected, we did not have a rainless three-day weekend.

Moving on to the prediction for what's next, according to www.severe-weather.eu, there appears to be a huge global weather shift currently underway, creating a rapidly developing El Niño. With significant subsurface warming in the tropical Pacific, the concern is that this could bring about a Super El Niño, which would alter the global jet stream. This would impact temperatures and



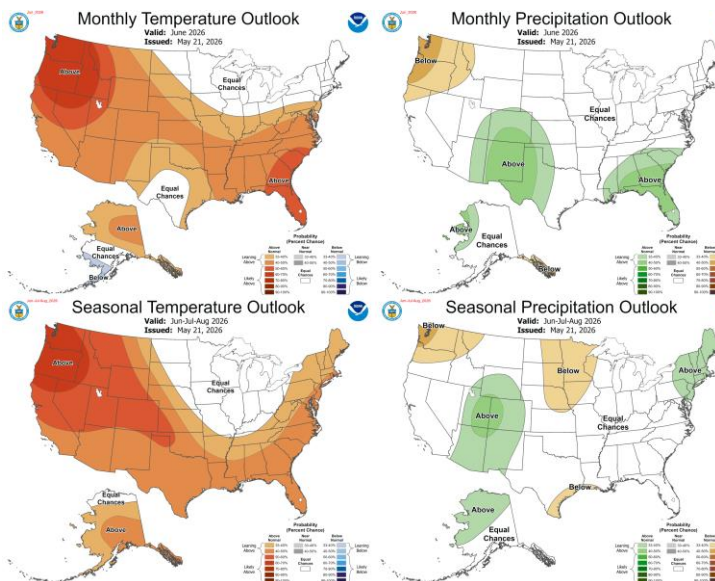
CAMANO PREPAREDNESS GROUP

JUNE 2026 NEWSLETTER



precipitation across North America and Europe.
What does that mean for us?

Below is the forecast from the National Weather Service. As you can see, we look to be hotter and dryer than “normal” – as if there is a normal, these days!



Planning Ahead for June

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.

Items to locate or purchase

- Waterproof matches in waterproof container
- Camping utility knife
- Nylon/synthetic rope
- Camp stove or BBQ
- Books
- Duct tape
- Hand warmers
- Deck of cards
- Puzzles

Actions to take:

- Assemble an activity kit for yourself.
- Establish/review a family meeting place.

Store extra jackets, blankets, water, and snacks in the car for any road trip. Weather and road conditions can turn ugly, and cars can develop issues in any season. Collect items for two small sewing kits – one for your home disaster supplies and one for the car. Make sure your vehicle has the proper tools needed for an emergency/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/

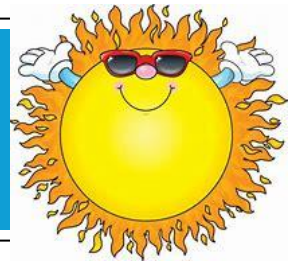
Stanwood Camano Amateur Radio Club –

www.scarcwa.org



CAMANO PREPAREDNESS GROUP

JUNE 2026 NEWSLETTER



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>

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 –

rspaulson.rp@gmail.com

Sue Ryan, VP; Program Director –

kk6sue@gmail.com

Bill Swander, Treasurer; CERT Trainer –

bswander44@gmail.com

Preparedness

A State of Mind!



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.

